



I Choose Life!

Dr. Gloria Morrow

Deuteronomy 30: 11:20; Joshua 24:1-24; Romans 8:18-39

Important choices one must make in order to live and not die.

1. Choose to live and not die
2. Choose to get excited about where you are right now, even if it is a place of discipline. If you learn the lessons God is trying to teach you, you may not have to go to that place again.
3. Choose to seek God's face diligently through prayer and fasting. I know you participate in annual fasts, but that should not be your only opportunity to fast. There are some things that only come through prayer and fasting. That dysfunctional family, workplace challenges, and stress you are struggling with requires prayer and fasting. But you and I must give up something in order to receive something from God. If I called you to the altar tonight to receive a blessing, there would be a stampede, but how many of us would run to the altar to give something, your time, talent, and treasury.
4. Choose to kill the flesh. Too many people are walking in the flesh and not in the spirit. That's why it is so difficult to handle the situations in their lives.
5. Choose to confront your condition, admit your role in your condition, and stop blaming others for the way things are going in your life.
6. Choose to maintain positive emotions (love, peace, joy, hope, optimism) instead of negative emotions (sadness, fear, worry, guilt, pessimism).
7. Choose to stop engaging in destructive behaviors because it increases your level of stress.
8. Choose to stop hanging out with negative and destructive people, even if they are related to you. What do I mean by hanging out? Many of us hang out with people by allowing them to take us to the negative place they live. So while you cannot physically leave some family (i.e., spouse, children, parents, siblings) you must choose not to hang out in their emotional pit.
9. Choose to serve the Lord with gladness by using your gifts, talents, skills, and abilities. Service is not limited to serving on the usher board. We should serve Christ by serving others everyday of our lives. My new favorite Scripture is found in II Cor 2:15 – For we are to God the fragrance of Christ among those being saved and among those who are perishing. Dying people are just waiting for YOU to lead them to Christ.
10. Choose to forgive others and yourself. Too many among the household of faith are sick because they fail to forgive those who hurt them as well as themselves. Remember, Dr. Gloria says: Living in the past may cause paralysis that can prevent one from walking toward the future. But the Bible says, "So my heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses," Matt 18:35.
11. Choose to stop suffering in silence by seeking the help of a trained mental health or marriage and family when necessary.
12. Choose to be healthy, mentally, physically, and Spiritually.