

# Choice Empowerment

“(We make) roughly 2,000 decisions per hour or one decision every two seconds.”

(<https://www.psychologytoday.com/us/blog/stretching-theory/201809/how-many-decisions-do-we-make-each-day>)

## How can Choice Empowerment help? (I can or I can't)

1. Explore how important our choices are with God.
2. Witness how normal it is to struggle with choices through testimonies.
3. Improve our self awareness with our thoughts, habits, and choices.
4. Understand common influences we experience each day that can misdirect us.
5. Learn new techniques and options to make better choices that can greatly affect our lives.
6. Receive hope in breaking free from inward resistance to grow and improve with God.

## What is the class like? Is there homework? Is it Bible based?

- The ideas align closely with Bible teaching and stories.
- Each person can learn at their own pace. (material is free online)
- Homework is not necessary, but helps with the learning experience.
- Most of the class involves videos and discussion. (famous experiments)
- Learning and understanding is best with regular attendance and participation.



Oak Hills Church

Sundays 6:30 to 8PM Building D

Meets weekly  
September 8th - November 17th

Questions?

Email [john15@inwardauthority.com](mailto:john15@inwardauthority.com)

## Choose God NKJV

Our choices matter and we can improve them.

Psalm 119:30 I have **chosen** the way of truth; Your judgments I have laid *before me*.

Proverbs 3:31 Do not envy the oppressor, And **choose** none of his ways;

Proverbs 12:26 The righteous should **choose** his friends carefully, For the way of the wicked leads them astray.

Examples of choices (Choose how to seek, walk, and think)

Matthew 6:33 But **seek first** the kingdom of God and His righteousness, and all these things shall be added to you.

John 15:6-7 "I am the vine, you *are* the branches. He who **abides in Me**, and I in him, bears much fruit; for without Me you can do nothing. 6 If anyone **does not abide in Me**, he is cast out as a branch and is withered; and they gather them and throw *them* into the fire, and they are burned.

Galatians 5:16 I say then: **Walk in the Spirit**, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Colossians 3:15 And **let the peace of God rule in your hearts**, to which also you were called in one body; and be thankful.

Choosing transformation - may involve tribulations and perseverance.

Romans 5:3 - And not only *that*, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.