

# How do I stop doing things I know that I should not do?

## 7<sup>th</sup> and 8<sup>th</sup> Grade Sunday school Lesson for Sunday February 21<sup>st</sup>-

How do we make decisions that are wise using what we learned from today's video and from our teachings about God?

We all have choices to make. We make a lot of choices throughout our daily lives. Some decisions or choices are small like: What to eat for breakfast. Some are larger like what to study in school because that can affect what you do in the future. Whether or not the choices are small we all have choices to make.

**Right to Choose:** Otherwise known as “**free will**” God gives us the ability to make our own choices. Now at your age some of those choices are determined by your parents, but some are for you alone to make. No matter what God allows us all free will to make our choices whether good or bad.

**The Responsibility of our Choices:** God gives us tools to help us make good choices. Looking to Jesus and from the teachings from the Bible we can learn to make choices that help rather than harm us and others.

**The End Results of those Choices:** All of the choices we make in life have **consequences** whether they are good or they are bad. We need to take the time to:

1. Evaluate the choices that we make. Decisions are constantly before us.
2. If we want to make good choices we need **knowledge, thoughtfulness** and **courage**. Courage to say “no” sometimes and to say “yes” other times.
3. All of the decisions that you make build up to create your future destiny.

Reminder that you should make sure that the choices that you make are not **self-righteous**. Evaluate the motives for the choices you are making. Is it only to benefit you at the expense of God and other people? If so, that is not a good choice.

### Today's Questions:

1. What was the last choice that you made that you knew you shouldn't have? (*You don't need to write this one down. Just think about it to help you answer the questions below.*)
2. What are factors that you think about when you are making decisions?

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3. What are three reasons that people make poor decisions?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4. What does it feel like when you do something that you shouldn't and you don't get caught? \_\_\_\_\_

5. What does it feel like when you do something that you shouldn't and you do get caught? \_\_\_\_\_

6. Would knowing that God is always paying attention to the choices you make help you to make better choices? (Yes/No) Why?

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7. Knowing that we all make bad choices at times. How can we use God's presence in our lives to help us make more good choices and fewer bad ones?

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