

You Are What You Choose

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By Dave Havir

BIG SANDY, Texas—In my article on Jan. 28, I wrote a few thoughts about personal denial and how a person can recognize who he is. In that article, I shared five ways in which a person can examine himself.

At this time, I want to give each of the five concepts its own personal article. In this article, we will discuss the fifth concept—you are what you choose.

Importance of choice

It is generally a liberating moment when people realize the power of choice. Choosing a frame of mind and a course of action is important when making decisions in this life.

Not only is the power of choice important before making a decision, it is vital in dealing with the consequences (good or bad) of the decision. Each individual must learn how to deal with success and failure.

Let's take some time to see what the Bible says about choosing.

Life and blessing

There is a section of scripture in the book of Deuteronomy that quotes God discussing the importance of making wise choices.

Deuteronomy 30:15-18—"See, I have set before you today life and good, death and evil, in that I command you today to love the LORD your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the LORD your God will bless you in the land which you go to possess. But if your heart turns away so that you do not hear, and are drawn away, and worship other gods and serve them, I announce to you today that you shall surely perish; you shall not prolong your days in the land which you cross over the Jordan to go in and possess."

Deuteronomy 30:19-20—"I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; that you may love the LORD your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days; and that you may dwell in the land which the LORD swore to your fathers, to Abraham, Isaac, and Jacob, to give them."

Choosing repentance

There is a scripture in the book of Proverbs that contrasts two approaches dealing with sin.

Proverbs 28:13—“He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.”

Choosing light

It is amazing to consider how God created the human senses to be a doorway for either good or evil. Jesus Christ taught His disciples to allow the sense of sight to open up a world of light in our lives.

Matthew 6:22-23—“The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!”

Choosing blessing

One of the first teaching sessions that Christ had for His disciples is called the Sermon on the Mount. The first part of that message (Matthew 5:3-12) is often called the Beatitudes.

- Blessed are the poor in spirit.
- Blessed are those who mourn.
- Blessed are the meek.
- Blessed are those who hunger and thirst after righteousness.
- Blessed are the merciful.
- Blessed are the pure in heart.
- Blessed are the peacemakers.
- Blessed are those who are persecuted for righteousness' sake.
- Blessed are those who are falsely reviled and persecuted.