
To Our Sons and Daughters In The Lord

This 'Foundations For Life' curriculum was written exclusively for you, our dear Texas Bible Institute students. You have our highest admiration for you have made "laying a strong foundation" in God your priority. You have postponed your college, career and ministry aspirations, but God will honor and accelerate you far beyond those who chose their natural plan. The decisions you are making during these treasured TBI months will determine the course of your life, marriage and future.

Determine today to become a student of the Bible. Ask the Holy Spirit to create in you a love for His Word. During your young, formative years, read and re-read this book until you've "made it your own." As you mature, these writings will serve as a reference for your own Sunday School classes, pulpits, books and missions fields. What joy!

Remember that we believe in you and "all scripture is inspired of God."

Pastors Tommy and Rachel Burchfield



"And all your (spiritual) children shall be disciples — taught of the Lord (and obedient to His will)..." Is. 54:13 Amp.

50 Choices You Will Make Today

- your mood
- your image
- sloppy or neat appearance
- punctuality or tardiness
- your thoughts
- your heroes
- do what's easy vs. do what's right
- music that lifts vs. music that poisons
- words that build or words that bite
- responsibility or blame
- panic or peace
- to tithe or rob God
- to pay bills on time or not
- purpose or apathy
- to be friendly or unfriendly
- laziness or diligence
- to procrastinate or do it now!
- complaining or gratefulness
- honor or dishonor
- generous or stingy
- kindness or cruelty
- considerate or selfish
- honesty or lies
- doubt or believe
- fear or faith
- to stretch or stay in comfort zone
- walk by faith or senses
- eat healthy or junky
- exercise or couch potato
- to be suspicious or to trust
- man's opinions or God's Word
- laziness or strong work ethic
- to be the problem or solution
- freedom or bondage
- anger or forgiveness
- debt or disciplined budget
- to start or stop a rumor
- to be a discourager or encourager
- to speed or obey the law
- to be controlled or control
- to celebrate or tolerate people
- to ignore or explore new ideas
- to be a giver or a taker
- to be a lover or hater
- to listen or blab
- to be teachable or a know-it-all
- to be ordinary or extraordinary
- to take time or rush by
- to expect victory or accept defeat
- to depend on self or trust in God

What you choose today, you will become tomorrow.

Deut. 30:19 *Look what I've done for you today. I've placed in front of you Life and Death, Blessing and Curse. Choose life so that you and your children can live.* "The Message"

LIFE'S FOUR GREATEST CHOICES

Declaration

**I don't live for God
one day at a time,
but one choice
at a time.**

**ALL OF THESE
CHOICES PALE
IN COMPARISON
TO LIFE'S
#1 QUESTION...**

**Have you accepted
Jesus Christ
as YOUR
personal Lord
and Savior?**

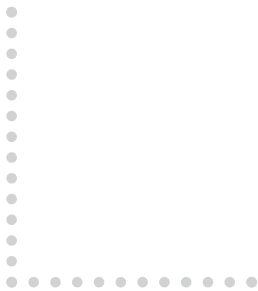


Table Of Contents

A Letter To Our Sons and Daughters In The Lord	i
50 Choices You Will Make Today	ii
Chapter 1	I CHOOSE TO OVERCOME MY PAST 1
	Successful Failures 3
	Think About It! 4
	6 Lies That Will Keep You In The Prison Of Your Past 5
	God Can Use Anyone 12
Chapter 2	I CHOOSE TO BE HONEST 11
	Get Honest With Yourself 15
	Get Honest With God 16
	Get Honest With Family Relationships 17
	Why Do You Lie? 18
	Get Honest With Your Friends 19
	5 Reasons To Be Honest 20
	Can You Be Honest Without Telling All? 21
	Guidelines For Knowing When and How Much Of The Truth To Expose 22

	The Burden Of Unresolved Guilt	23
	Examples of Lying	24
	What Does The Word Say?	25
Chapter 3	I CHOOSE TO BE SOMEONE'S HERO TODAY	27
	5 Greatest Influences	29
	I-Don't-Like-You-Maditudes	30
	Are You An Asset Or Debit?	31
	Developing Your Influence For Good	33
	Understanding The Needs Of People	34
	Your Words Influence People Everyday	37
	Bible Examples Of Evil & Good Words	38
Chapter 4	I CHOOSE HEALTHY RELATIONSHIPS	39
	11 Types of Relationships	41
	6 Signs Of A Healthy Relationship	43
	4 Relationship Robbers	44
	Rebuilding That Bridge	45
	Unhealthy Romantic Relationships	46
	Abusive Relationships	47
	Developing Strong Family Relations	48
	Healthy Guy/Girl Friendships	52

LIFE'S FOUR GREATEST CHOICES

■ Chapter One



.....I Choose To
Overcome My Past

Who Are These Successful “FAILURES”?

- I couldn't talk until I was 4 or read until I was 9 years old, but won the Nobel Prize in Physics in the early 1900's.
- I went bankrupt five times before I created the first automobile empire.
- I failed the 6th grade and didn't begin public office until I was 62, but I inspired the world to stand up to Adolph Hitler.
- My junior high coach didn't choose me for the JV team and suggested I try baseball, but today I own 5 NBA Championship rings.
- I suffered the death of a child, a nervous breakdown, business failures, and 7 political defeats before I was elected the 16th U.S. President.

It's not what happens
TO you
that is as important
as what happens
IN you.

Albert Einstein, Henry Ford, Winston Churchill, Michael Jordan, Abraham Lincoln

Think About It!

- Everyone has a life. Everyone has a list of injustices. Choose today whether you'll get **BITTER** or **BETTER**.
- Quit remembering what God has forgotten.
- When the devil reminds you of your past, remind him of his future.
- When life gives you lemons, make lemonade.
- Life is not fair, but God is good.
- You might have been a victim, but you can be a victor.
- Victims list their wounds and lick their wounds.
- Jesus became a victim, so you can become a victor.

WHAT DOES THE WORD SAY?

Psalms 23:4 *"Yea, though I walk THROUGH the valley of the shadow of death..."*

"If you're going through hell, don't stop."

Which Statement Is TRUE?

- | | | |
|---|---|--|
| T | F | You are the sum total of your life experiences. |
| T | F | You are the sum total of your response to your life experiences. |

Definition

Resilient, *adj.* : able to recover quickly from setbacks.

6 Lies that will keep you in the prison of your past.

LIE #1 You Are Not Anyone Special

What do the voices say?

“You’re not as smart as other students in your school.”

“You are not as pretty/popular as other students.”

“You come from a poor family, so you’ll probably be poor.”

“Your family is overweight, so you’ll probably be overweight.”

Declaration

I refuse to
be molded by others’
opinions of me!

I refuse to
compare myself with
anyone else!

I refuse to
let my past determine
my future!

WHAT DOES THE WORD SAY?

Psalms 139:17-18 *“How precious are Your thoughts about me, O God! They are innumerable! I can’t even count them; they outnumber the grains of sand!” LVB*

Ephesians 1:4 *“Long ago, even before He made the world, God chose us to be His very own...” LVB*

What is your Choice today?

Date

I AM special because God doesn’t make junk.

I AM special because God put gifts and talents inside of me.

I AM special because God doesn’t make mistakes.

I AM special because I am one-of-a-kind.

LIE #2 You'll Be This Way Forever

What do the voices say?

- “You’ve always been this way.”
- “Your family is this way.”
- “You don’t have what it takes to change.”
- “You’ve tried to change, but it’s hopeless.”
- “You’ll have to learn to live with it.”

WHAT DOES THE WORD SAY?

Mark 9:23 *“All things are possible to those who believe.”*

Philippians 4:13 *“I can do all things through Christ Who strengthens me.”*

I John 4:4 *“Greater is He that is in me than He that is in the world.”*

I John 5:4 *“This is the victory that overcomes the world, even our faith.”*

What is your choice today?

- I choose to change bad habits.
- I choose to learn God’s way of doing things.
- I choose to enjoy God’s best.

“The dictionary is the only place where ‘success’ comes before ‘work’.” Vince Lombardi

“What lies behind us and what lies before us are small matters compared to what lies within us.” Ralph Waldo Emerson

Declaration

I refuse to
stay this way forever.

Today is the first day
of the rest of my life.

I can do all things
through Christ who
strengthens me.

■ LIE #3 It Was Your Fault

What do the voices say?

- “Your parents divorce.”
- “Your loved one’s injury.”
- “Your younger brother is drinking.”
- “Your mom had to get a job.”
- “Your sexual abuse.”
- “It was your fault, so you are a bad person.”
- “It was your fault, so you deserve to suffer.”

WHAT DOES THE WORD SAY?

Often it is **not** your fault and Satan has to put a guilt trip on you.

Romans 8:1 *"There is therefore now NO condemnation to those in Christ Jesus."*

If it **was** your fault, there is forgiveness in Christ.

1 John 1:9 *"If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."*

Sometimes I feel as though it was my fault that _____

but I choose to give this guilt to God today.

(Date) _____

Declaration

I choose God’s forgiveness
over my wickedness.

I choose God’s forgiveness
over my foolishness.

I choose God’s freedom
over satan’s lie.

I choose God’s Word
over my feelings.

■ LIE #4 You Deserve to Suffer

What do the voices say?

- “You’ve lost your virginity,
so you deserve a slut for a wife.”
- “You’ve been sexually active,
so you don’t deserve a virgin.”
- “You fumbled the ball on the district game,
so you don’t deserve that scholarship.”
- “You stole your parent’s money,
so you’ll never be trusted again.”

WHAT DOES THE WORD SAY?

Lamentations 3:22 *"The steadfast love of the Lord never ceases. His mercies are new every morning."*

Psalm 103:10-11 *"He has not punished us as we deserve for all our sins, for His mercy toward those who fear and honor Him is as great as the height of the heavens above the earth." LVB*

I don't want what I deserve, because I deserve hell.

I want mercy.

Jesus suffered for me, so I don't have to.

God is a good God. He gets no pleasure from your suffering. Your suffering will not “pay for your mistake,” so quit enjoying your misery.

There is only one Savior and you are not it.

GRACE, *Defined* – receiving from God what you don't deserve.

MERCY, *Defined* – not receiving from God what you do deserve.

Declaration

The devil is a liar!

**God's mercy has
covered my sin
forever.**

LIE #5 God Will Not Forgive You

What do the voices say?

- “You’ve messed up again?”
- “There you go running to the altar again... hypocrite.”
- “You knew better.”
- “You’ve crossed the line and even God won’t forgive you.”
- “You have committed the unpardonable sin.”

WHAT DOES THE WORD SAY?

Psalm 103:3 "Bless the Lord, O my soul, Who forgives ALL my iniquities..."

I John 1:9 "If you confess your sins, He is faithful and just to forgive us our sins and cleanse us from ALL unrighteousness."

Prayer:

I, _____ (Name) am sorry for my sin concerning _____ (sin) and receive forgiveness and cleansing right now according to I John 1:9.

(Date) _____

I repented, so therefore
I am forgiven.

I am not moved by my
feelings or my thoughts.

I am moved by
what God’s Word says.

CONDEMNATION	CONVICTION
comes from Satan	comes from the Holy Spirit
makes you feel worthless and hopeless about your sin	makes you feel sad about your sin
picture a hammer	picture a heart shaped magnet

■ LIE #6 God forgave me, but I can't forgive myself

What do the voices say?

- “ You are such a hypocrite to act forgiven.”
- “ Maybe God forgave you, but you're not God... and you are guilty.”
- “ You're not really sorry.
You're just sorry that you got caught.”

WHAT DOES THE WORD SAY?

Romans 8:33 *“Who dares accuse us whom God has chosen for his own? Will God? No! He is the one who has forgiven us and given us right standing with Himself.” LVB*

Hebrews 10:18 *“Now, when sins have once been forever forgiven and forgotten, there is no need to offer more sacrifices to get rid of them.” LVB*

Think About This!

- Is your sin greater than the Blood of Jesus?
- Did Jesus die in vain?
- Did the Blood of Jesus cover the sin of lying?
- Did the Blood of Jesus cover the sin of murder?
- What sin does the Blood of Jesus not cover?
- Not forgiving myself would become a sin because I would be accepting the lie that my sin was greater than the Blood of Jesus.

Declaration

**The Blood of Jesus is
greater than my sin.**

**No sin is greater
than the Blood of Jesus.**

The reason your
windshield is larger
than your rearview mirror
is so you can move forward.

What does God want you
to do with your past?
FORGET IT!

Mix and Match with the scriptures below.

	Scripture	Date
1. Confess your sin to Jesus		
and receive your forgiveness.		
2. Release all unforgiveness,		
hurt, and anger toward God.		
3. Ask God to use the pain of		
your past for something good.		
4. Forget it and move forward.		

- Rom. 8:28 *“And we know that all things work together for good for those who love God, to those who are called according to His purpose.” KJV*
- Phil. 3:13 *“No, dear brothers, I am still not all I should be but I am bringing all my energies to bear on this one thing; Forgetting the past and looking forward to what lies ahead.” LVB*
- Mark 11:25 *“But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too.” LVB*
- I John 1:9 *“But if we confess our sins to Him, He can be depended on to forgive us and to cleanse us from every wrong. (And it is perfectly proper for God to do this for us because Christ died to wash away our sins.)” LVB*

God Can Use Anyone!

Abram and Sarai were too old.
 Aaron made a golden calf.
 Joseph was falsely accused.
 Gideon was too poor.
 Hannah was barren.
 David was an adulterer.
 Esther was an orphan.
 Daniel was taken hostage.
 No one would listen to Jeremiah.
 Jonah ran from God.
 Mary was a virgin.
 The disciples weren't too smart.
 Peter denied Jesus three times.
 Barnabus had a temper.
 John Mark abandoned his team.
 Cornelius was a Gentile.
 Timothy was timid.
 The majority of your Bible was written by
 three murderers: Moses, David, and Paul

No More Excuses! Let God Use You!

Jeremiah 29:11 *"For I know the plans that I have for you, says the Lord. They are plans for good and not for evil, to give you a future and hope." LVB*

Proverbs 4:18 *"But the path of the just is like the shining sun, that shines brighter unto the perfect day." KJV*

Declaration

I refuse to let my past
 determine my future.

My best days
 are ahead.

LIFE'S FOUR GREATEST CHOICES

■ Chapter Two



..... I Choose
To Be Honest

There are four “You’s”

- 1 The **YOU** that your parents know
- 2 The **YOU** that your friends know
- 3 The **YOU** that you know
- 4 The **YOU** that your God knows

Your goal is to become #4
so you will enjoy the rewards of truth.

GET HONEST WITH YOURSELF

1. Who are you . . . really?
 - A. I like who I am.
 - B. I’m not sure who I really am.
 - C. I’m ashamed of who I really am.
2. What do you depend on to appear beautiful, important, or successful?
 - A. My car/truck.
 - B. Make-up, jewelry, clothes
 - C. Cell phones, IPOD, palm pilot(etc.)
 - D. A position, talent, or family/church name.
3. You are alone in New York City with \$1000 and 3 free days. What will you do?
 - A. Shopping and sightseeing
 - B. Shopping and clubs
 - C. No one else needs to know

Definition

HYPOCRITE *defined:*
Somebody who gives a false appearance of having admirable principles, beliefs, or feelings.

5. When you travel home, how would you feel?

- A. Relieved
- B. Proud of myself
- C. Guilty

6. Do you lie to yourself?

- A. “My jeans are tight because they shrank.”
- B. “It’s okay to peek at porn because I’m not married yet.”
- C. “I can’t help losing my temper because I’m Irish.”
- D. “I don’t have a drinking problem.”
- E. “I don’t have an authority problem.”

GET HONEST WITH GOD

	Often	Sometimes	Never
I question God’s existence.	☐	☐	☐
I blame God for my problems.	☐	☐	☐
I sense His presence near me.	☐	☐	☐
I resent God’s plan for my life.	☐	☐	☐
I feel as though He plays favorites.	☐	☐	☐
I wonder why He created me.	☐	☐	☐
I think He’s disappointed in me.	☐	☐	☐
Are these life dreams from Him?	☐	☐	☐

You are not a hypocrite
if you admit to yourself
and others that you
need AND want help.

Question

Are you afraid to
admit who you are?

GET HONEST WITH FAMILY RELATIONSHIPS

- **Fact #1** It was not an accident that God put me in my family.
- **Fact #2** My family probably sees me at my worst.
- **Fact #3** I need my family (and vice versa) for emotional wholeness.
- **Fact #4** Broken family relationships are often warning signs of a spiritual flunky.
- **Fact #5** The glue that holds a family together is respect.
- **Fact #6** My parents are people, too. They also need affirmation.
- **Fact #7** My parents raised me the best they knew how.
- **Fact #8** Parents represent boundaries.
- **Fact #9** Learning to listen with my heart will solve many problems.
- **Fact #10** I may not know as much as I think I know.

Your family relationships
become the foundation
of all your
adult interaction.

WHY DO YOU LIE?

Lying is an attempt to cover up:

Pride Insecurity Irresponsibility
Laziness Selfishness Fear
Guilt

Listen to these lies and analyze the character flaw of each:

Lazy Liar

“Son, did you take out the trash?”
“*Yeah.*”

“Honey, have you done your homework?”
“*Yeah.*”

Selfish Liar

“Son, can you drive to Wal-Mart for me?”
“*I can’t, mom. Practice is at 6pm.*”

“Don’t forget to return Jerry’s CD’s.”
“*I will later. He doesn’t mind if I keep them.*”

Irresponsible Liar

“Did anyone notice the front door light is out.”
“*No ma’am, but I thought Chris was in charge of that.*”

“Why did you take \$50 from my wallet?”
“*I didn’t have time to get to the bank, but I’ll reimburse you tomorrow.*”

When you’re tempted to lie,
ask yourself
what am I trying to cover?

When the Holy Spirit shows
you, quickly repent,
and tell the truth.

Definition

Defraud : 1) to deprive someone of something by dishonest means 2) to begin something and imply, but never intend, to complete it, such as a sexual encounter.

Think About It

Your 'dating' years last approximately 8 years.

Your marriage could last 50 years.

GET HONEST WITH YOUR FRIENDS

- | | | |
|---|---|--|
| T | F | 1. I tell lies to impress my friends. |
| T | F | 2. I'm afraid my friends will tease me. |
| T | F | 3. My friends know how I feel about God. |
| T | F | 4. I exaggerate often. |
| T | F | 5. If they correct me, I get angry. |

The length and depth of your friendships reveal a lot about you. Real friendships require honesty.

GET HONEST WITH YOUR ROMANTIC RELATIONSHIPS

- | | Sometimes | Never |
|---|-----------|-------|
| 1. I will say or do anything to keep my boy/girlfriend. | | |
| 2. If I told the whole truth, they may not like me or want me. | T | F |
| 3. It's all about me, so I do/say whatever it takes to get what I want. | T | F |
| 4. I don't plan to marry him/her, but it's fun to lead her/him on. | T | F |

1 Thes. 4:3-6 *"For this is the will of God,... defraud not your brother..."*

5 Reasons To Be Honest

The essence of Christianity embraces truth.

Jesus IS truth. To be honest welcomes the Spirit of Christ.

The foundation of all good relationships is truth.

Honesty brings wholeness in every area.

Admitting a lie welcomes character development.

- People lie to avoid getting caught doing wrong.
- People lie so they will seem important and successful.
- People lie so they will not disappoint someone.
- People lie to gain attention. (*pride or insecurity*)
- People lie to cover irresponsibility. (*laziness/selfishness*)
- People lie to hide sin. (*fear/guilt*)

Lying becomes a habit.

If you lie **TODAY** to your mom, you'll lie **TOMORROW** to your girlfriend, and **SOMEDAY** to your wife.

Replace lies for truth day by day or else your entire **LIFE** will become a **LIE**.

Declaration

I choose to be honest
with myself.

I choose to be honest
with my God.

I choose to be honest
with my family.

I choose to be honest
with my friends

CAN YOU BE HONEST WITHOUT TELLING THE WHOLE TRUTH?

- Should you always tell your child they are adopted?
- Should you tell your parents that you've been drunk many times?
- Should you tell your mom you're on birth control... for a reason?
- Should you tell your fiancé that you have a STD or just believe God for healing?
- Should you tell your fiancé that you are \$18,000 in debt?
- Should you tell your wife about your pre-marital affairs?
- Should you tell your professor that you cheated on the final exam?
- If you're the youth leader, should you tell your youth group that you're addicted to porn?
- You've been married ten years and never told your wife about an out-of-wedlock son you fathered. He's 16 and just knocked on your front door.
- Should you tell someone that your uncle has molested you, since he is on the church staff?

Don't plead your case!

Plead guilty!

Plead the Blood of Jesus!

GUIDELINES FOR KNOWING WHEN AND HOW MUCH OF THE TRUTH TO EXPOSE

- 1. What risks will I take if I choose to never tell?
- 2. What consequences will occur if the truth is revealed by someone else?
- 3. Is my motive to expose skeletons that are dead or mistakes that are forgiven?
- 4. Am I secretly trying to impress her/him?
- 5. Tell as few details as possible.
- 6. Could my decision to withhold information bring physical or emotional harm to someone?
- 7. Will your truthfulness disillusion others beyond recovery?
- 8. Will details bring emotional closure or arouse added distrust?

HOW TO TELL THE TRUTH WITHOUT TELLING THE WHOLE STORY

■ **Choice #1**

“Mom, I know this will disappoint you deeply, but I gave away my virginity three years ago to Josh Stupido. Since then I’ve slept around and I might even have some STD’s. Don’t worry. I’ve called our pastor to pray.”

■ **Choice #2**

“Mom, I want to be totally honest with you so that our relationship will always be close. Before TBI, I did some things that would break your heart. I made some bad, bad choices, but I am totally forgiven. I love you and hope you never find out because those sins are forgiven and I am moving forward.”

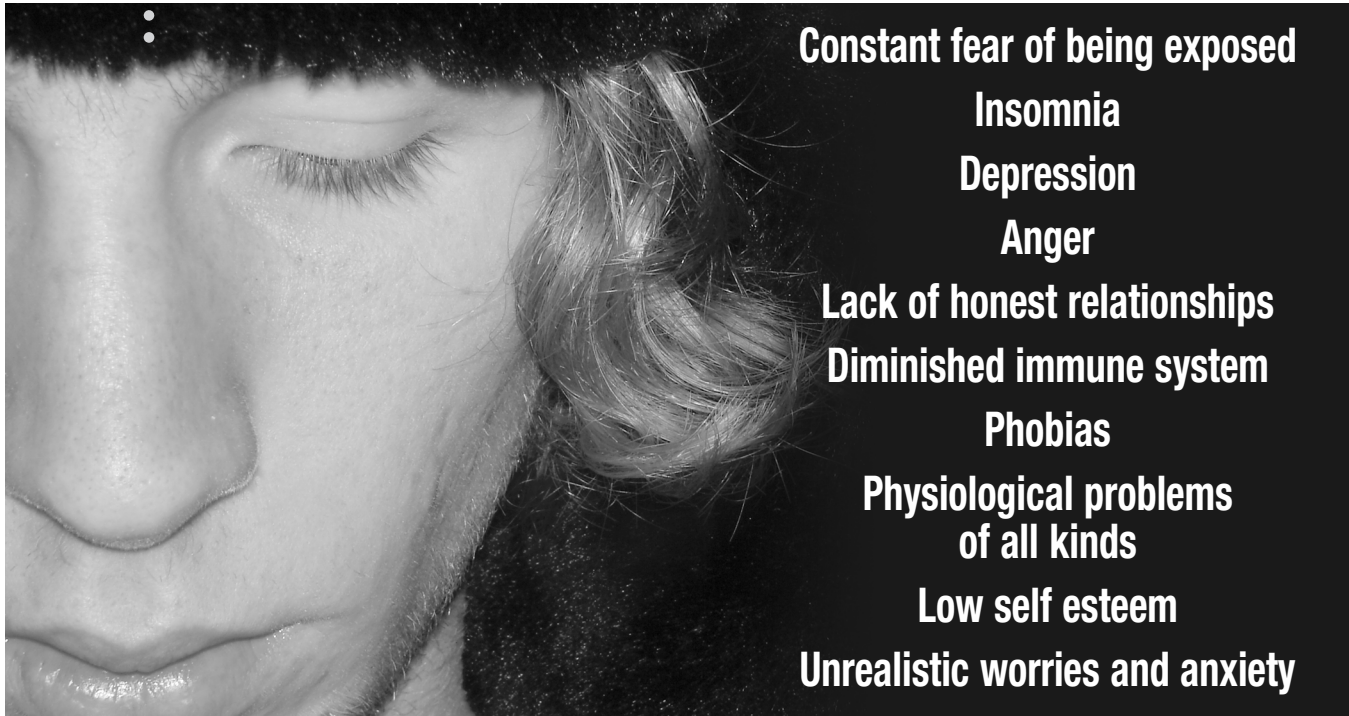
■ **Choice #1**

“Babe, you need to know that I’ve had sex with 6 girls in the last three years. You went to high school with three of them. I met 2 of them at Babydoll’s Bar and don’t remember their names and the last one is Annie who lives in my apartment complex. You still trust me, don’t you?”

■ **Choice #2**

“Babe, before we get married, you need to know something. I was sexually active before we met. (No details needed)
I have repented and am working hard on renewing my mind to honor God and love you forever.”

THE BURDEN OF UNRESOLVED GUILT



A lifestyle of lying becomes a heavy burden with severe consequences. Drop that baggage at the foot of the Cross and repent today. Be gut honest about your dishonest lifestyle.

Heavenly Father, I renounce my lifestyle of lying and repent in Jesus' name. I believe that the Truth will set me free.

Name _____

Date _____

EXAMPLES OF LYING

WHO: ABRAM

WHAT: “Sarah is my sister.”

WHERE: Genesis 12:10-20

WHEN: On their journey to Egypt and Pharoah took Sarah into his house.

WHY: Fearful of the Egyptians killing him to get Sarah, so instead of trusting in God’s protection, he lied.

RESULTS: The Lord sent plagues to Pharoah.

WHO: ANANIAS AND SAPPHIRA

WHAT: Implied they gave all their money, but kept back part for themselves; lied to the Holy Ghost.

WHERE: Acts 5:1-11

WHEN: The apostles were collecting \$\$\$ for early church.

WHY: vs. 3-4 clearly states there was nothing wrong with them keeping part of their money, but they didn’t want to tell the truth due to the opinions of others.

RESULTS: Physical death.

WHO: TBI STUDENTS

WHAT: Late for curfew so he could “visit mother in hospital.”

WHERE: 2002 Yearbook

WHEN: After girl requests they meet at Katy Mills Mall

WHY: He did visit his mom for 15 minutes, but stayed at the mall for 3 hours.

RESULTS: He delayed God’s best for his life and future.

WHAT DOES THE WORD SAY?

Proverbs 12:22 *“Lying lips are an abomination to the Lord: but they that deal truly are His delight.”*

Proverbs 19:5 *“A false witness shall not go unpunished, and he who speaks lies will not escape.”*

Kenneth Hagin, Sr. was a teenager on his deathbed with tuberculosis. After his dramatic healing, this is the rhema given to him by God to assure longevity:

Psalms 34:12-13 / 1 Peter 3:10
“For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that he speak no guile.”

Proverbs 13:3 *“He who keeps his mouth keeps his life: but he that opens wide his lips shall have destruction.”*

Ephesians 4:25 *“Wherefore putting away lying, speak every man truth with his neighbor: for we are members one of another.”*

Col. 3:9 *“Lie not one to another, seeing that you have put off the old man, with his deeds. And have put on the new man...”*

James 1:26 *“If any man among you seem to be religious, and bridles not his tongue, but deceives his own heart, that man’s religion is vain.”*

Matthew 7:12 / The Golden Rule
“Do unto others what you would have others do unto you.”

If you have any inclination towards lying, write these additional scriptures out and review them with a sincere heart to change:

Psalms 5:6
 Psalms 63:11
 Psalms 101:7
 Proverbs 12:19
 Proverbs 21:6
 Revelation 21:8

LIFE'S FOUR GREATEST CHOICES

■ Chapter Three



..... I Choose To Be
Someone's Hero Today

It takes 30 seconds
to make a
FIRST
impression!

It takes
approximately
20 additional
encounters
to reverse a
BAD
first impression.

Be A “Positive” Influence

INFLUENCE, *Defined* – the power that somebody/something has to affect other people’s thinking or actions by means of argument, example, or force of personality.

Most people influence at least 200 people per week.
I will influence several people today.
I have the power to make their day better or worse.
List 6 people that you will influence today.

5 Greatest Influences

I only have one chance to make a good impression.

PERSONAL HISTORY

People have influenced you throughout your life.
Can you remember them?

- 1. Which teacher influenced/inspired you the most?

- 2. Who influenced/inspired you to develop a talent/hobby?

- 3. Who influenced/inspired you to really live for God?

- 4. Who influenced you to do something you now regret?

- 5. In 10 years, how many of your high school friends will you talk to?

- 6. What's the nicest thing someone has done for you this week?

I-Don't-Like-You-Maditudes

People who have been hurt, abused, treated unfairly or carry many disappointments develop defense mechanisms to protect themselves. They send out vibes without even knowing it. People they encounter respond negatively to those vibes, so that person gets hurt all over again. Have you met anyone who is:

- Know-it-all** – “I know more than you.”
- Apathetic** – “I don't care about you or anything else.”
- Cocky** – “You need to know that I'm “all that”.”
- Angry** – “Look at me wrong and I'll...”

Proverbs 15:1 *“A soft answer turns away wrath, but harsh words cause quarrels.” LVB*

Romans 12:17 *“Never pay back evil for evil. Do things in such a way that everyone can see you are honest clear through.” LVB*

Question

Why do people
say and do
such
mean things?

HURT PEOPLE
HURT PEOPLE

Are You An Asset or Debit?

Who in your dorm is always complaining?

Who in your dorm is always pleasant?

Who in your dorm is always alone?

Who is quick to reach out?

- They drew a circle and shut me out,
but I drew a bigger one and pulled them in.
- Make yourself a committee of 'one' and reach out.



PEOPLE JUDGE you by YOUR:

- **Reputation**
- **Physique**
- **Clothing**
- **Facial Expressions**
- **Vocabulary**
- **Motive**

"God looks on the heart..." (I Sam. 16:7)

BUT, He's the ONLY one!

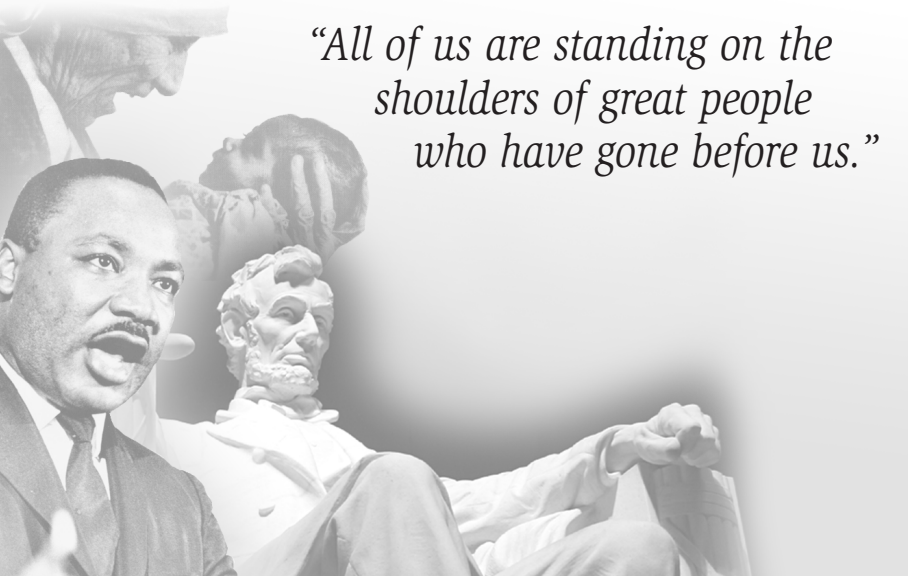
Thank You Notes

A brief letter or e-mail is an effective way to influence people. Consider writing or sending a voice-mail this week to:

- Who persuaded you to attend TBI? _____
- Who is responsible for your TBI tuition? _____
- Who helped you in a recent crisis? _____
- Someone who really believes in you _____
- Someone who's always been there for you _____

Thank you notes should be received within one week of the gift or event.

“No man is an island”



Saying
‘thank you’
is an easy way
to make
someone’s day
better.



HOW WOULD YOUR
YOUNGEST (OLDEST) SIBLING
DESCRIBE YOU?

- A. Couch potato
- B. Inconsiderate
- C. Kind
- D. Embarrassed of me
- E. Loner
- F. Always gone

Your siblings are greatly influenced by you.

Matthew 25:40 *“Whatever you do to the least of these
my brethren, you have done unto Me.”*

100 Years From Now

One hundred years from now,
it won’t matter what kind of
car I drove, what kind of house
I lived in, how much money
I had in the bank, nor what
my clothes looked like

BUT,
the world may be a little better
because I was important
in the life of a child.

Anonymous

DEVELOPING YOUR INFLUENCE FOR GOOD

Using the twelve characteristics below list two you can develop
that would be a positive influence on your:

TBI FACULTY:	_____	_____
EMPLOYER:	_____	_____
YOUTH PASTOR:	_____	_____
MOM or DAD:	_____	_____
SIBLING:	_____	_____
GRANDMA IN NURSING HOME:	_____	_____

Several could be appropriate:

- a. Gratitude
- b. Kindness
- c. Ability to listen
- d. Patience
- e. Commitment
- f. Steadfastness
- g. Courage
- h. Responsibility
- i. Honesty
- j. Punctuality
- k. Consideration
- l. Physical Affection

UNDERSTANDING THE NEEDS OF PEOPLE

- 1. Food, clothing, and shelter
- 2. Security
- 3. Family and friends
- 4. To be understood and appreciated
- 5. To find God

EMOTIONAL NEEDS.

- 1. Acknowledgement *“Do you know that I exist?”*
- 2. Acceptance *“Do you like me?”*

BASIC NEEDS OF AGE GROUPS

- | | |
|--------------------|--|
| 1. INFANCY | Physical touch |
| 2. TODDLERS | Emotional security |
| 3. CHILDHOOD | Emotional security, trust |
| 4. ADOLESCENCE | Positive self-image |
| 5. 20-40 YEARS | Purpose determined, goals pursued |
| 6. MIDDLE AGED | Priorities evaluated |
| 7. SENIOR CITIZENS | Physical health, financial security, emotional affirmation |

Which age group would say:

- _____ Don't send a gift. Spend the afternoon with me.
- _____ I'll always be safe because my mama is here.
- _____ My English teacher thinks I'm a great writer, so I might major in journalism.
- _____ Hold me, so I know you love me.
- _____ Spending time with the family is now more important to me than a new boat.
- _____ I'm valuable because I run the sound board for my youth group.

Every human wears
an invisible sign
across his chest
that says,
“Please Acknowledge Me!”

Ordinary people
who serve an
extraordinary God
influence the world!

PEOPLE OF INFLUENCE

MOTHER TERESA

A Catholic nun who gave her life to those dying in the streets of Calcutta. Called by God at 12, entered the convent at 18, sent to India where she taught high school for seventeen years. Consumed with a burden for the poor, she begged permission to begin a ministry outside the safe, four-walls of the Catholic Church. She was declined. With no funding and 40 years old, she began “The Missionaries of Charity.” Forty years later, this organization involved one million workers in forty countries. At 80, she received the 1979 Nobel Peace Prize and requested the dinner in her honor be cancelled to send its funds to the hungry. She died at the age of 87.

REGGIE WHITE

At 6 feet 5 inches and 300 pounds, Reggie White was arguably one of the best defensive players in the National Football League (NFL) history. Twice honored as the NFL Defensive Player of the Year, White was voted to play in a record-setting 13 Pro Bowls, helped lead the Green Bay Packers to victory in Super Bowl XXXI in 1997, and held the all-time record of his final retirement in 2000.

Known as the “Minister of Defense,” Reggie used his international influence for Godly purposes. He funded many ministries and spoke nonapologetically for his love for Christ. When he spoke against the sin of homosexuality, he lost a \$6 million deal as a sports analyst. This great humanitarian died at 43 of unexpected respiratory problems and sleep apnea, but left a true champions influence on the sports world forever.

ROSA PARKS

An African American seamstress from Montgomery, Alabama. On Dec. 1, 1955, she refused to give up her bus seat to a white man and was arrested. By remaining seated, she stood up for her rights and eventually became a civil rights icon. At 86 she received the Congressional Gold Medal of Honor and died at 92. In Rosa Parks we all see that we have the power to make a difference.

DO SOMETHING LITTLE *In a big way!*

A prestigious business man was speeding down the highway to his office in downtown Chicago. Glancing towards the right, he noticed police cars, a huge throng of people and hundreds of parked cars. Curiosity caused him to pull over just in case there was someone prominent he needed to meet. To his surprise, he found himself in the parking lot of a funeral home! “Who was this important person?” he asked the officer. The officer replied, “Did you drive past that elementary school a few miles back? This woman was the crossing guard lady for 29 years and these people are the families of all those children she loved.”

WHAT A WOMAN OF INFLUENCE!!!

**What
do you want
written on your
tombstone?**

WORDS CAN...

KILL

- Gossip
- Complaining
- Gray Jokes
- Sarcasm
- Mean Words

HEAL

- Compliment
- Friendly Greeting
- Good Report
- Kind Words
- Encouraging Words

Your Words
Influence People Everyday

Proverbs 12:18 *“Some people like to making cutting remarks, but the words of the wise soothe and heal.”* LVB

Proverbs 12:25 *“Anxious hearts are very heavy, but a word of encouragement does wonders.”* LVB

Proverbs 16:24 *“Kind words are like honey---enjoyable and healthful.”* LVB

Proverbs 18:6 *“Death and life are in the power of the tongue.”* KJV

Proverbs 25:25 *“Good news from far away is like cold water to the thirsty.”* LVB

Ephesians 4:29 *“Don’t use bad language. Say only what is good and helpful to those you are talking to, and what will give them a blessing.”* LVB

Matthew 12:36 *“And I tell you this, that you must give account on Judgement Day for every idle word you speak.”* LVB

Isaiah 50:4 *“The Lord God has given me His words of wisdom so that I may know what I should say to all these weary ones.”* LVB

Proverbs 25:11 *“A word fitly spoken is as apples of gold in pitchers of silver.”* KJV

BIBLE EXAMPLES OF EVIL WORDS

A. CRITICAL, COMPLAINING WORDS

1. Miriam's Leprosy: *Numbers 12:1-15*

When _____ criticized Moses about his wife, she was struck with leprosy and held up the move of God for ____ days.

2. The Rebellion of Korah: *Numbers 16:1-50*

_____, _____, and _____ criticized Moses and his brother, _____, and the Lord allowed (how many?) _____ to be killed. The next morning, when other Israelites complained, _____ more were killed by a plague.

B. NEGATIVE WORDS

Twelve Spies In The Promised Land: *Numbers 14:27-32*

Twelve men were sent into the promised land, ____ brought a good report and _____ gave a negative report. Their negative influence caused an entire generation (3 million) to miss their purpose in God, wander without hope for 38 years and die in a dusty desert.

BIBLE EXAMPLES OF GOOD WORDS

WORDS OF HOPE

Naaman's Handmaiden: *II Kings 5:1-14*

Naaman was the _____ and struck with the dreaded disease of leprosy. His wife had a Jewish maid who gave him words of hope. She said, "If you went to Israel, the prophet _____ could heal you." With only one word of hope, Naaman traveled many miles, obeyed the prophet's command to dip seven times in the _____ river and he was healed!

Miriam's criticism
cost her health
and
postponed the
entire move of God
for seven days.

Joshua and Caleb
entered the
Promised Land
by a good report!

LIFE'S FOUR GREATEST CHOICES

■ Chapter Four



..... I Choose Healthy
Relationships

11 Types of Relationships

- 1. **Missionary** – the sole objective is evangelistic
- 2. **Vibrant** – committed to personal growth and/or joint pleasure goals
- 3. **One-sided** – only one person is interested in developing the relationship
- 4. **Co-dependent** – an unhealthy dependence on a person
- 5. **Platonic** – involving friendship, affection, or love without sexual relations between people who might be expected to be sexually attracted to each other
- 6. **Soulish/Romantic** – involving sensual desires beyond a platonic friendship
- 7. **Short-term** – positive OR negative, but lasting less than 6 months
- 8. **Long-term** – lasting 5 years or longer due to family ties, geography or employment
- 9. **Abusive** – destructive to your emotional or physical well-being
- 10. **Stagnant** – a relationship that quit growing and now exists out of routine or duty
- 11. **Unequally yoked** – both are Christian, but have different commitment levels

Relationship Levels

Covenant – God’s choice of people to pursue His purposes (approximately 5)

Committed – A relationship that you are developing whether its results are positive or negative (approximately 15)

Close – Person who is important to you (25 or more)

Casual – Person is identifiable by name or appearance (100 or more)

The only thing
going to heaven
is people.

Learn to
get along.

RELATIONSHIP DEFINED:

- 1) a significant connection or similarity between two or more people and their involvement with each other, especially as regards how they behave and feel toward each other and communicate or cooperate.
- 2) an emotionally close friendship

Picture a bridge. Strong. Two-sided. Travellers going both ways. Back and forth. An interesting bridge with much to see, experience, and talk about. This is a picture of a good relationship.

How’s Your Bridge Doing?

- 0 – Non exstant
- 3 – A broken bridge
- 5 – A one-sided bridge
- 7 – A two-sided, but bumpy
- 10 – A beautiful bridge

FATHER _____	GRANDPARENTS _____
MOTHER _____	UNCLES _____
SIBLING #1 _____	AUNTS _____
SIBLING #2 _____	YOUTH PASTOR _____
SIBLING #3 _____	EX-ROMANCE(S) _____
STEP-FATHER _____	YOUR R.A. _____
STEP-MOTHER _____	ROOMIES _____

Building
a strong bridge
between
two people
takes time.

6 Signs Of A Healthy Relationship

Discussion Questions

1.
If someone is having a bad day, I need to listen.

True False

2.
Why does it matter if you can't seem to keep relationships?

- _____ Two-sided in giving and taking
- _____ Sees you at your best and worst
- _____ Discussions revolve around a variety of topics
- _____ Able to be honest without concerns of rejection
- _____ Inspires you to be a better person
- _____ Your connection is a positive thing: sports, hobby, family, God

RELATIONSHIP RED FLAGS

- Most of your friends are the opposite sex.
- Your friendships change every few months.
- No lasting friendships of at least 3 years.
- People seem to ignore or just tolerate you.
- You call someone more frequently than they call you.
- Unlimited cell phone time while in bed.

If you relate to some of these, talk it over with someone you trust.

4 Relationship Robbers

1. **Pre-conceived expectations**
2. **Anger**
3. **Unforgiveness**
4. **Selfishness**

Proverbs 16:32 *“He who is slow to anger is better than the mighty...”*

Proverbs 17:14 *“The beginning of strife is like releasing water; therefore stop contention before a quarrel starts.”*

Mark 11:25 *“...if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.”*
(I dare you to read vs.26 in your own Bible)

HOPE FOR RUINED RELATIONSHIPS

God can restore your sweet relationships that have turned sour.

Restore Defined:

- 1) To return something to its proper owner or place.
- 2) To bring something back to an earlier and better conditions.
- 3) To reestablish or put back something that was once but is no longer there.

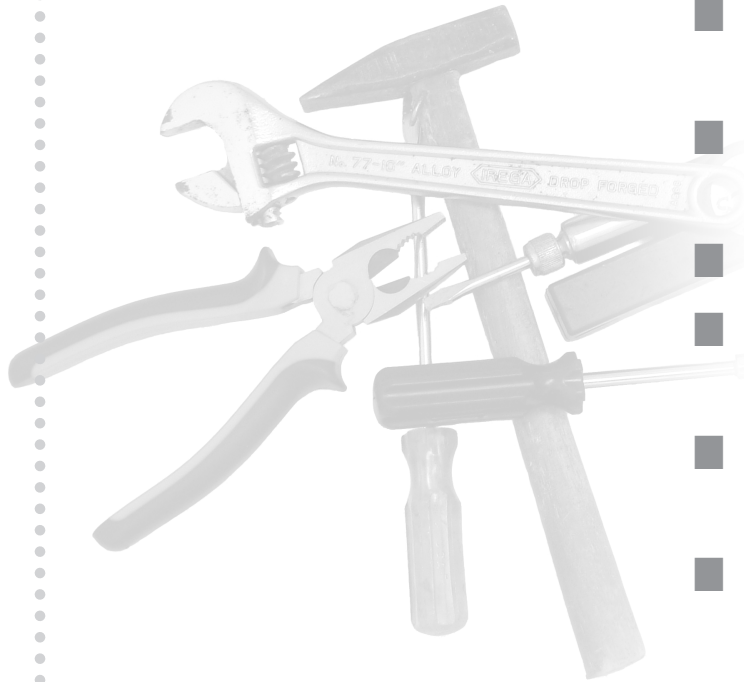
Joel 2:25 *“I will restore to you the years that the locust has eaten...”*

John 10:10 *“The thief does not come except to steal, kill, and destroy. I have come that they may have life...and have it more abundantly.”*

**Anger thrives
on unmet needs.**

**No relationship is
hopeless to those
who know the Lord.**

RE-BUILDING THAT BRIDGE



- *Ask God for guidance.*
Psalms 32:8
- *Pray that the Lord will soften their heart.*
- *Send them an apology.*
- *Express desire to re-build.*
(letter, card, e-mail)
- *Birthdays and holidays are good excuses for a card.*
- *Concentrate on what unites you; not your differences.*

Proverbs 15:1

"A soft answer turns away wrath, but a harsh word stirs up anger."

I Corinthians 13:8

"Love never fails."

Rom. 12:9-12

"Love from the center of who you are; don't fake it...bless your enemies; no cursing under your breath. Get along with each other; don't be stuck-up. Make friends with no-bodies; don't be the great somebody. Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you. "I'll do the judging," says God. "I'll take care of it." Message

**DO WHAT'S RIGHT,
WHEN IT'S RIGHT,
JUST BECAUSE
IT'S RIGHT.**

LETTING GO OF UNHEALTHY ROMANTIC RELATIONSHIPS

As you continue to evaluate your various relationships, your heart will quickly turn towards your ‘love life.’ Some of you are trapped in a romantic relationship, emotionally or sexually, and you are headed for a cliff. That cliff might be a broken heart, unwanted pregnancy or miserable marriage.

God will give you courage to let go of a deadend relationship. He will give you ideas how to make the break once-and-for-all. Be strong. Your future depends on it.

- Admit what happens when you spend time together.
- Admit what type of influence they have on you.
- They are not ‘bad’ people; just going a different direction.
- There IS life without her/him even though it hurts.
- A 2 month separation is easier than a total break-up.
- Remove photos and quit calling him/her.
- Ask God to fill the void with His peace and new friends.

Notes: _____

Phil. 3:13 “...“One thing I do, forgetting those things behind me and REACHING FORWARD TO THE THINGS THAT ARE AHEAD...”

“Falling in love is overrated.”

Charlie Brown
(as Lucy insists he leave the ball game)

Abusive Behavior Is Cyclical:



www.teenrelationships.org/abuse

If you are involved in an abusive relationship, report it to God, a TBI staff, and phase out as quickly as possible.

Abusive Relationships

PHYSICAL ABUSE:

- Hitting, grabbing, pushing
- Intimidation (*blocking doors, hitting things or throwing objects at or near a friend*)
- Using or threatening to use weapons

SEXUAL ABUSE:

- Rape – forced penetration without consent. (*Statutory rape and rape by intoxication*)
- Making someone feel too scared to say “yes” or “no” regarding any sexual activity
- Unsafe sex

EMOTIONAL/MENTAL/VERBAL ABUSE:

- Using put-downs, insults, name-calling or backhanded compliments
- Threats to kill you, kill myself, kill family or friends, kill children, pets, new boyfriend/girlfriend, kidnapping
- Threats like “If you leave me, I will...take the children, give you no money, spread rumors, tell your parents we had sex.”
- Blaming the person who is being abused for abuse; making them feel guilty
- Minimizing or denying one’s abusive behavior
- One person isolating the other from friends or family
- Possessiveness (*questioning someone’s whereabouts, activities, etc.*)

FINANCIAL ABUSE:

- Controlling all money or using it to get what they want
- Controlling possessions; car, pager, clothes, jewelry, gifts
- Excessive gift giving, especially to make up for abusive behavior

Developing Strong Family Relations

So...you want to be treated as an adult?
Are you sure?

- Q. Why should you pay for gas?

Q. Why should you clean the kitchen?

Q. Why should you buy an extra candy bar?

Q. Why should you stay home instead of rushing out with friends?
- A. Because you're borrowing your dad's car.

A. Because your mom's exhausted.

A. Because you little brother won his basketball game.

A. Because your friends are short-term relationships and your parents are not.

People in the world get hurt and walk out.
When your family hurts you, how do you respond?

A. emotionally zone out

B. trash them until they cry

C. talk it out and try to understand their view

HOW WELL DO YOU KNOW THEM?

Father:

Worst childhood memory:
Greatest worry:
Secret dream:

Oldest Sibling:

Worst childhood memory:
Greatest worry:
Secret dream:

(Cirle One)

Aunt - Uncle - Grantparent:

Worst childhood memory:
Greatest worry:
Secret dream:

Mother:

Worst childhood memory:
Greatest worry:
Secret Dream:

Youngest Sibling:

Worst childhood memory:
Greatest worry:
Secret dream:

You can pick
your friends,
but GOD
picked your family.

I'M ALMOST AN ADULT. NOW WHAT?

A TIME TO OBEY

While you are a child and under the care (physical, financial, spiritual, emotional) of parents, Ephesians 6:1 instructs you to ‘obey’ your parents. This is regardless if your parents are Christians or not. God is using them to ‘cover’ or care for you. Making a quality decision to obey God’s Word on this matter will put you in a position for a blessed life, either because of or in spite of your parent’s decisions.

A TIME TO HONOR

The Honor Phase will begin when you accept the responsibilities of life as your own. There will be times that you genuinely disagree with their requests or opinions. These are tough times when you must begin to “**walk out your own salvation**” and do what is right for you. I’m not referring to an unteachable spirit or rebellious attitude, but you **CAN** honor them without obeying them. True honor gives value and respect to their position and what they mean to you. True honor says, “Dad and Mom, I’ve considered all perspectives and the consequences of my decisions, but I really believe I’ve chosen what is right for me.” To reject their counsel is not a rejection of their valuable place in your life. Somehow, God will help you convey that tenderly.

A TIME TO CARE

Time marches on and as your parents age, your relationship will go through one last transition. Often your parents will need emotional care long before physical care. The emotional needs of aging parents can include loneliness or worries about their future. Will they need financial assistance someday? Purpose in your heart today that you will take care of them in their sunset years to the best of your ability.

MY PERSONAL STORY

I know what I’m talking about. I honored my unsaved father and postponed a national youth ministry to focus on earning my nursing degree. Grrr. I was mad at both Daddy and God, but I had given my life to Jesus who had placed me in a family who insisted on a college education. I had to admit there are no accidents in God. Also, He showed me that if I tried to rip Ephesians 6:1 out of my Bible, the same page included the Armour of God. My obedience resulted in God’s protection! As a result of my brief nursing career, great faith for healing and miracles was birthed in me and Daddy eventually got born again. So...unless their request is destructive, illegal, or immoral...obey them and you’ll be blessed by God.

A time to
OBEY

A time to
HONOR

A time to
CARE

PARENTS ARE PEOPLE, TOO!

Your relationship with your parents will change as you move out of their home. It's probably much more difficult for them than for you. Everything they have done or not done in the past 20 years was probably wrapped around providing you with the best life possible. Yes, they made mistakes, but I believe all parents do the best they can with what they have. Often, they really don't know how to be a good parent because you didn't arrive with a manual. Before you blame them too harshly, judge them by their motives. If they had known better, would they have done better? So, now you're out of the house and on your own. Everything you've dreamed of is in your future. For some of your parents, however, everything they've worked for and lived for has just moved out. Parents are people, too! They worry if you're ready for life. They wonder if they've done a good job. They secretly hope that you'll return often.



TRANSITIONS TAKE TIME

Over time, your parents can become some of your dearest friends. That's God's plan. But when they have been a parent for 20 years, it's difficult to change over to 'friend' mode. Brace yourself. When you're 30 years old, married with children of your own, most of your parents will still remind you to put on a jacket when it's cold. That's what parents do, is parent. Just smile and gently remind them that you were raised by great people and bug off! Glean from their experiences to raise your children and graciously sift through their strong opinions. What was right for them might not be right for you. That's okay.

Discussion Questions

You are 22 with a job, car, and an apartment. Your mom disapproves of your church. Should you still attend?

Your dad is 78 with no medical insurance and a long history of bad credit. You are 52. Should you pay for your son's college or your father's bills?

At what point does taking care of family members become a false responsibility?

**Your parents
can become
your dearest friends.**

**Lord, let me see
my parents
through Your eyes.
Use me to bring them
joy and fulfillment.**



SIBLING-FRIEND CHALLENGE

You can pick your friends, but you don't get to pick your family. Have you ever considered choosing your siblings as some of your long term friends? Now that you're getting older, can you imagine being friends with your parents? It's hard because when you are at home, selfishness seems to rule. Me, Me, Me...that's all that matters, right? Wrong. Selfishness doesn't have to reign in your home. Selfishness seperates. Being considerate of siblings and parents is a process not easily learned, but will prepare you for marriage and successful relationships.



You're stuck with them anyway... BUILD THAT BRIDGE!!

Mix and Match:

- | | |
|--------------------------------|-------------------------------------|
| ___ Do an activity THEY enjoy. | A. Three most important words |
| ___ Learn to say "I am sorry." | B. First 5 minutes together is kind |
| ___ Treat them like company | C. Pay for their CD you lost |
| ___ Respect their possessions | D. Board games, mall, movies |
| ___ Refuse retaliation | E. Shut up and care about others |
| ___ Listen as much as you talk | F. Offer to make them a sandwich |

Proverbs 17:17 *"A true friend is always loyal, and a brother is born to help in time of need." LVB*

I Cor. 14:1 *"Go after a life of love as if your life depended on it---because it does." Message*

HEALTHY GUY/GIRL FRIENDSHIPS

God has beautiful, wholesome, fun friendships waiting for you here at TBI. Don't be robbed of them due to the world's selfish concept of what's-in-it-for-me dating. Here are some guidelines to keep your friendship pure:

1. Consider them as a sister/brother.
2. Don't expect them to fulfill you.
3. Guard unlimited talking time which breeds familiarity.
4. Don't get jealous when others are with her/him.
5. Don't misinterpret kindness.
6. Practice kindness with more than one student.
7. Motive for being together is unselfish.
8. Desire to help them, do favors, etc.
9. Prove that some guys/girls can be trusted.
10. Keep them focused on a strong year at TBI.

Someday you might meet the spouse of your "special friend." Will they say:

- a) Thanks. You kept her strong until we could meet.
- b) Why did you steal my wife's dignity to feed your selfish flesh?

Do you make-out with
your younger sister?

So, why would you do that
to a sister in Christ?

"At TBI, I met the most
beautiful, godly young
woman I'd ever seen.
I knew somehow she
would become my wife.
I never told anyone.
Today we are married
and best friends."

Fernando and Erica Garza
TBI '03

in your

BREAK THE CODE