

**One Day at a Time
Day 18
Daily Choices**



“Pain can drive you to a sense of hopelessness and despair or it can drive you to God. It’s your choice,” says Jan Northington.

“When you are in the midst of a situation like separation or divorce, you tend to think there are few choices available to you. In reality there are a million choices available to you, and the choices you make will ultimately be those that have an effect on both your immediate and your future actions.”

Think about decisions you have already made that are positive. One positive action you have chosen is to search for comfort and answers through this book. Perhaps you have gone to church, talked to a wise friend or counselor, prayed, or started reading the Bible. Each day you make choices about work, finances, transportation, food, and your children. You choose what type of attitude to have as new situations arise. You choose whether or not to lash out at someone when you are angry.

Some days the choices you make may seem too small to make a difference. But if you change your course only a few compass degrees, the longer you move in that direction, the more you will see the impact of that decision.

Many times you make wrong choices, and that can bring you down. At the same time, though, you are making right choices, and they will have a positive effect. God knows your motivations, and He knows your heart. Pray today that you will make God-pleasing choices, decisions that bring you closer to Him.

“Why don’t you choose to be led by the Spirit?”

Galatians 5:18

Holy Spirit, lead me on the path that leads to life, peace, and hope. I pray that today I will make choices that are pleasing to You.

Amen