

## YOU WIN OR LOSE... BY HOW YOU CHOOSE

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Text: Nehemiah 1-6 (selected)

## I. LIFE IS ABOUT CHOICES

Life is full of many choices. Some we regret, some we're proud of. Some will haunt us if we Do not decide who will lead us in 2026

*"Choose today who you are going to serve. As for me and my family, we will serve the Lord"*

Josh 24:15

*"Life is a matter of choices, and every choice you make makes you !"*

## II. CHOICES, DECISIONS, AND SPIRITUAL QUANTUM LEAPS

Quantum Leap (def) A huge increase, a discontinuous transformation or a dramatic advance in a given area

## III. THE NEHEMIAH DIFFERENCE

A. God-Honoring and Goal-Achieving Neh. 1:4-11

B. Laser Focused on the Assignment V 2:12

Nehemiah knew exactly what God called him to do

C. Lin moved by distractions & opposition V. 4:1-3,11  
"I cannot come down." 6:2-9

D. Choices vs Distractions

- Choices determine focus
- Distractions demand reactions
- Decisions requires action

E. Completion Brings Glory to God

*The wall was rebuilt in 52 days*

Neh. 6:15

## IV. THE DECISIONS THAT WE MAKE

## Total Decisions Per Day

Over 30,000 decisions daily

- Includes conscious and unconscious choices
- (What to wear, eat, say, think, click, avoid, prioritize)

## Food-Related Decisions

- 200 food decisions per day
- What to eat, how much, when, what to cook, how to cook it, etc.

## Conscious vs Automatic Decisions

- 95% of decisions are automatic or habitual
- 5% are deliberate and intentional

## We default to

- Comfort, sugar, sitting, skipping workouts, negative thinking
- Not trusting God
- Not believing God
- Not obeying God
- Not expecting God to work

## V. THE RIGHT CHOICE: "DECLARE AND DECREE!"

*"The Lord will fulfill His purpose for me"*

Ps 2:7

1. "It's impossible"

*"All things are possible with God"*

Luke 18:27

2. "I can't go on"

*"He will call upon me and I will answer him, I will be with him in trouble, I will rescue him and honor him"*

Psalm 91:15

3. "I can't figure it out"

*"I will direct your steps"*

Prov. 3:5-6

4. "I can't do it"

*"You can do all things"*

Phil. 4:13

5. "I'm afraid"

*"I have not given you a spirit of fear"*

2 Tim. 1:7

6. "I'm always worried and frustrated"

*"Cast all your cares on Me"*

1 Peter 5:7

7. "I don't have enough faith"

*"I've given everyone a measure of faith"*

Rom. 12:3

8. "I feel all alone"

*"I will never leave you or forsake you"*

Heb. 13:5