

**There is Nothing that God Cannot Fix**  
**A Lesson on Making Choices to Live our Best Lives**  
**Grades 4-6**

**Goal:** Students will learn that taking care of ourselves is part of the call to holiness. God has created us body and soul to praise him through both. Activities will reinforce the themes of promoting personal health, understanding emotions, and recognizing God's personal eternal plan for each person.

**Lesson:** Today's lesson is about decision-making and learning to deal with the consequences of those decisions. Everyone has times when we make decisions that are not good for us. Some of those decisions are small—eating too much dessert or staying in the sun too long. In those cases, the consequences are small and do not last long.

Some of the bad decisions we make are big—stealing something from a store or drinking a beer with a friend. In these cases, the consequences are much bigger and may last for a long time. It is important to always remember that God has a specific plan for each and every one of our lives. God never creates someone without also having something special in mind that only they can do. Making a poor decision does not mean that we cannot get back on the path to doing what God has in mind for us. It just means that we will have to work a bit harder to get there.

**Watch:** [One in 7 Billion](#) video positively portraying every human life as special.

**Discuss:** Is it possible that the world will ever run out of inspiration?  
Or that we will know all there is to know? Why or why not?  
What does this mean for God's plan for the world?

**Watch:** [What are you Doing?](#) Matthew Kelly shares a story of a time that he needed to seriously look at his life and decide what he was doing and why. Were his choices making him a better person or worse? Great discussion starter. 4.5 minutes.

**Discuss:** Matthew Kelly told a story of his childhood feud with his brother, Andrew.  
What did Andrew do to make Matthew angry?  
How did Matthew respond?  
Was his response appropriate? Why or why not?  
Why did Matthew's mother's reaction make such an impression on him?  
Has anyone ever asked you "what are you doing?" at a time when you were doing something you shouldn't have been?  
How do we respond to that question when our actions cannot be justified?

**Activity:** How do we make a good decision? Ask the students to try four different methods of decision-making to determine the best way to make a decision.

Ask them to decide which they would rather have for lunch: pizza or tacos (Or choose another inconsequential decision for them to make)

1. Have each student make a pro/ con list to see what choice wins for each of them
2. Take a vote in the class- the option voted for the most wins.
3. Flip a coin 5 times- 3 of 5 wins.
4. Ask students for data about pizza and tacos to make an educated decision.

*What decision does your research suggest is the best choice? Then, ask each student to look at the four answers. If done correctly, only the first method would truly tell them what they personally wanted to eat for lunch. The other methods would either tell them what other people would choose or suggest a random answer.*

Discuss the idea that the method chosen to make a decision is often just as important as the decision itself.

**Watch:** [Keys to Good Decisions](#) Video on making good choices in the face of peer pressure.

**Discuss:** 4 Qualities of a Good Decision:

1. A good decision has good consequences.
  - We sing the song, “They’ll know we are Christians by our love”. The same is true for our decision-making. As Christians, we must always make sure that our decisions lead us closer to Christ and love of him and others. If they do not, we’d better start making different decisions.
2. A good decision lets you be you.
  - God has a plan for each one of us. He wants us to stay close to him and to the other people in our lives who love us. If our decisions begin to take us away from our parents, from church, from our friends, then we know they are not good decisions. If our decisions make us do things that go against our consciences, then we know they are not good decisions.
3. A good decision supports your goals.
  - Our ultimate goal is to make it to heaven. Certain decisions make it harder for us to reach that goal. But, we also have other goals for our lives such as getting good grades, making the team, doing well in band, learning a new language, saving money for a new game. All of those things are great goals to have. Good decisions will support our goals—especially when they are goals that are shared by our families and friends who love us.
4. A good decision hurts no one.
  - There is never a time when hurting someone to get what we want is a good decision. Every single person is created by God with incomparable dignity—no one deserves to be used for the benefit of someone else.

**Watch:** [This is Personal](#) How do we recognize the best choices v. those that lead us to destruction? Good story will provide a conversation starter on discernment. Click on "Session 2.4" 7 minutes.

**Discuss:** Matthew Kelly tells the story of a young boy and a snake he met on the mountain. What does this story mean?

Should the boy have known what the snake was going to do? Why or why not?

Did the snake have a choice to do what he did?

What should the boy have done instead?

How does this parable relate to our lives?

Who or what are the "snakes" that we should watch out for?

How can we tell what is bad for us?

How can we plan a decision ahead of time that will save us from making a bad decision?

**Prayer:**

#### Prayer To Make a Good Decision

Lord, Almighty God, source of light, truth, and eternal goodness,  
transform this present moment into an hour of vision and inspiration.

Help me to find wisdom; shed light on my thoughts.

May my hopes and dreams come true through kind and good deeds.

Give me the strength to concentrate, to think objectively, and to see clearly.

Shed your light on me so that I may see which decision to make.

Help me, O my Eternal God, to avoid vanity and pride,  
and thus be able to make worthy decisions as a true child of yours.

Amen.

Additional resources:

*Videos*

#### **Inspirational**

["Where Are You Going?"](#) Chris Stefanick invites us to think about where we are going and where we will end up. Great as the beginning of a discussion about why this life is not all there is. 3 minutes.

#### **Informational**

["Why Does God Let Us Suffer?"](#) This is the reason so many people lose faith and hope in God at their darkest moments. Chris Stefanick shares insights that help put suffering into perspective of our faith and the example of Christ. 5 minutes.

[Keys to Good Decisions](#) Video on making good choices in the face of peer pressure. 3 minutes.

["Looking after Your Body"](#) Fr. Rob Galea highlights the importance of taking care of our bodies, but also of maintaining perspective and making sure that we do not idolize doing so. 3 minutes.

["How Do I Build Virtue?"](#) Ascension Presents explains how holiness and virtue go hand-in-hand, and holiness leads to happiness. 6 minutes.

["The Problem of Suffering"](#) Ascension Presents tackles the problem of suffering by recognizing that God is with us in the midst of our troubles. 6.5 minutes.