

## **5 Ways Guaranteed to Improve The Quality of Your Life Each Day**

**Ge 2:15–17 (ESV) — 15 The Lord God took the man and put him in the garden of Eden to work it and keep it. 16 And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”**

### **I. Recognize your quality of life is determined by the quality of the choices you make each day.**

Choice is a God-given right given to man in the very beginning. It has never been rescinded.

### **We live or die by the choices we make!**

A life choice, is a positive one, and a death choice, is a minus one. Life and death choices are determined by the word of God.

**The ultimate quality of your life today was determined by the sum of the choices you made in your past, which was made up of days.**

Therefore, make each day count for life!

- A. Adam and Eve were given a choice of life or death. God did not interfere, even when they chose death.
  - 1. The choice they made that one day has affected all of us, even to this day.
  - 2. The choices of what is done in one second, one minute, one hour, in one day can alter what happens in one's life for years.
    - a. Your choices affect the quality of your life and the world around you.
    - b. But your choices also affect the quality of life and destiny of your children and your children's children.
  - 3. Each day is important! Don't waste it!
- B. We may think it unfair that Adam and Eve chose our destiny, but God is giving each of us with every new day an opportunity to alter the choices made by Adam and Eve and others for us.

We can break free of the chains of bondage brought about by our poor choices in the past or the choices made for us by others by choosing to honor him.

***Joshua 24:14–15 (ESV): “Now therefore fear the Lord and serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the River and in Egypt, and serve the Lord.***

**15 And if it is evil in your eyes to serve the Lord, *choose this day* whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord.**

1. Serving other gods will mean an inferior life of bondage and lack.
    - a. They served other gods in Egypt and, as a result, suffered in bondage.
  2. Understand that you can change your current state of life too by making different choices today than you may have made in the past.
- C. Each day, God gives everyone a new opportunity to choose a better quality of life by choosing to honor him.

***Dt 30:19–20 (ESV) — 19 I call heaven and earth to witness against you today, that I have set before you *life and death, blessing and curse.****

***Therefore choose life, that you and your offspring may live.***

*How?*

***20 loving the Lord your God, obeying his voice and holding fast to him, for he is your life and length of days, that you may dwell in the land that the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give them.”***

- D. God gives you an opportunity to undo your errors of the past everyday.  
***La 3:22–26 (KJV 1900) — 22 It is of the Lord’s *mercies* that we are not consumed, because his *compassions fail not.* 23 They are *new every morning: great is thy faithfulness.* 24 The Lord is my portion, saith my soul; therefore will I hope in him.***

***25 The Lord is good unto them that wait for him, to the soul that seeketh him. 26 It is good that a man should both hope and quietly wait for the salvation of the Lord.***

- E. You can choose life, or you can reject life. Life only comes from God. The choice to serve anything other than God will have a negative effect on your life.

***Proverbs 1:29-31 (NIV): “Since they hated knowledge and did not choose to fear the Lord, since they would not accept my advice and spurned my rebuke, *they will eat the fruit of their ways and be filled with the fruit of their schemes.”****

**This morning was the beginning of the first day of the rest of your life.**

Make it count!

- F. Today, when we woke up this morning, it was the beginning of the first day

of the rest of our lives.

1. I want you to think about that statement. "When we woke this morning, it was the beginning of the first day of the rest of our lives."
  - a. What we do in this day, will affect the rest of our lives.
- G. We all have been given the same 24 hours, 1440 minutes, 86,400 seconds, and then the day ends.
  1. Success or failure in life will be determined by how we spend our seconds, minutes, and hours.
    - a. Were they life-producing seconds, minutes, and hours?
    - b. Or were they death-producing seconds, minutes, and hours?
    - c. Or were they wasted seconds, minutes, and hours, attributable to neither life nor death?
      - (1) Not hot or cold, just lukewarm.
      - (2) No choice made, or silence means death!

**Your ultimate status in life is always determined by the choices you make each day.**

- H. At the end of this day, it will be gone forever. We can never get it back.
  1. Will it have been a productive day?
  2. Will it have been a wasted day?
  3. Productive or wasted, it was a choice you made.
- I. If we rely upon our own ways to make it through each day, we will screw up because we are totally utterly incapable of deciding for ourselves which way we should go.

***Pr 16:25 (ESV) — 25 There is a way that seems right to a man, but its end is the way to death.***
- J. How can we make this day a productive day for life and not death?
  1. There is only one way we can make this day, or any day, a positive, productive day!
    - a. We must gain wisdom on how to use each second, each minute, and each hour of our day.
  2. How do we gain wisdom?

***Je 33:3 (ESV) — 3 Call to me and I will answer you, and will tell you great and hidden things that you have not known.***

    - a. We must diligently call upon the name of the Lord to lead us, direct us, and guide us.
  3. The reverence of the Lord is wisdom.
  4. ***Proverbs 9:10 (NKJV): 10 "The fear of the Lord is the beginning of wisdom, And the knowledge of the Holy One is understanding.***

II. **Ask God for his guidance and wisdom to make the best choices throughout each day.**

A. Let us remember Point #1

**Recognize your quality of life is determined by the quality of the choices you make each day.**

2) **Ask God for his guidance and wisdom to make the best choices throughout each day.**

B. **Ask God for His guidance** to lead us to a better life, not only here in this world but in our eternal world.

1. David, a man after God's own heart, knew he had to ask God to make his best decisions. He said:

***Ps 5:3 (NKJV) — 3 My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, And I will look up.***

***Ps 25:4–5 (NIV84) — 4 Show me your ways, O Lord, teach me your paths; 5 **guide me in your truth and teach me**, for you are God my Savior, and my hope is in you **all day long**.***

2. I am going to list just a few scriptures to show you that God desires to lead you through each day so that you will have faith for a more abundant life and ask God for guidance and wisdom before making and decision.

***Isaiah 58:11 (ESV): And **the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.*****

***Is 30:21 (NKJV) — 21 Your ears shall hear a word behind you, saying, “**This is the way, walk in it,**” Whenever you turn to the right hand Or whenever you turn to the left.***

***Ps 32:8 (ESV) — 8 **I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.*****

***Is 48:17 (ESV) — 17 Thus says the Lord, your Redeemer, the Holy One of Israel: “I am the Lord your God, **who teaches you to profit, who leads you in the way you should go.*****

***Jn 16:13 (ESV) — 13 When the Spirit of truth comes, **he will guide you into all the truth**, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.***

C. **Ask God for his wisdom as your daily bread.**

God's Wisdom is your daily Bread. Feed me lord!

If we do not ask, we will not receive it. Asking is praying!

***Mt 4:4 (ESV) — 4 But he answered, “It is written, “ ‘Man shall not live by bread alone, but **(LIVE)** by every word that comes from the mouth of God.’ ”*** The Rhema word. The spoken word. The still small voice we

hear.

***Jas 1:5 (ESV) — 5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.***

1. God will daily give you wisdom, if you ask and will listen to hear it.  
***Je 9:23–24 (NKJV) — 23 Thus says the Lord: “Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, Nor let the rich man glory in his riches; 24 But let him who glories glory in this, That he understands and knows Me, That I am the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight,” says the Lord.***

**Your best quality of life is determined not by the material possessions you acquire but by the wisdom you reveal in the choices you make.**

- D. Since it is God’s will for us to have the best in this life - as evidenced in the creation - and in the world to come, a rich, eternal life - we should call on him. We should pray and ask so that we do not waste any second, minute or hour of our precious life making poor choices.

***Pr 4:7 (NKJV) — 7 Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding.***

1. When Solomon sought wisdom from God, God gave him more than just wisdom.
2. **1 Ki 3:13 I give you also what you have not asked, both riches and honor, so that no other king shall compare with you, all your days. 14 And if you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your days.”**
  - a. Prosperity will come with wise choices.
3. He will do the same for you. Wisdom is the principal thing to make the choices to have a quality life.

**The first choice you should make at the beginning of each day is to ask the Lord for guidance and wisdom throughout the day.**

- E. It is a great honor and privilege to be able to ask the creator of the universe, and he will take the time to lead us every minute of our day. What great love this reveals.
1. We have been warned not to rely upon our own ways, but to seek God’s ways.
  2. **Isaiah 2:22 (ESV): Stop regarding man in whose nostrils is breath, for of what account is he?**
  3. **It is so sad, that so many of us make choices to get an education in the world education but failed to get an education in the word.**

#### 4. *A way that seems right to a man*

Asking in prayer is the highest form of faith. Prayer acknowledges God's sovereignty over all things, and God rewards faith.

**Heb 11:6 (ESV) — 6 And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.**

- F. Some of you might say it's too late for me to walk in the will of God, but I say to you it is never too late! Even if you have gone astray all of your life, God knew you would, but God still has a plan for you if you just call on him, he will reveal it.
- G. He can restore all of the years that the locust has eaten (**Joel 2:25**). He will take your life where you are now and give you a new life. God can change your name from Jacob to Israel.
- H. Remember the thief on the cross? David said

**Ps 23:3 (ESV) — 3 He restores my soul. He leads me in paths of righteousness *for his name's sake*.**

**Ps 31:3 (ESV) — 3 For you are my rock and my fortress; and *for your name's sake* you lead me and guide me;**

**Isaiah 48:11 (ESV): *For my own sake, for my own sake*, I do it, for how should my name be profaned? My glory I will not give to another.**

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### III. **Be still and wait on the Lord; then start your day.**

**La 3:25–26 (ESV) — 25 The Lord is good to those who wait for him, to the soul who seeks him. 26 It is good that one should wait quietly for the salvation of the Lord.**

**Habakkuk 2:1–3 (ESV): 2 I will take my stand at my watchpost and station myself on the tower, and look out to see what he will say to me, and what I will answer concerning my complaint.**

**2 And the Lord answered me: “Write the vision; make it plain on tablets, so he may run who reads it.**

**3 For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay.**

***Is 40:31 (ESV) — 31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.***

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**IV. Listen for his voice and obey his wisdom in your choices for that day.**

***Pr 3:5–6 (ESV) — 5 Trust in the Lord with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.***

**Job 36:11 (NKJV):** If they obey and serve Him, They shall spend their days in prosperity, And their years in pleasures.

***Is 1:19–20 (NKJV) — 19 If you are willing and obedient, You shall eat the good of the land; 20 But if you refuse and rebel, You shall be devoured by the sword”; For the mouth of the Lord has spoken.***

***Matthew 7:24–25 (ESV): 24 “Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. 25 And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock.***

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**V. Ponder on and appreciate what it means to be a child of God every day.  
Every 86,400 second, every 14,400 minute, and every 24 hours of the day.**

Your destiny and heritage as a child of God is freedom because God will guide you in all truth, and you will know it, and the truth will make you free!

**Ro 8:28–30 (NKJV) — 28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose. 29 For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. 30 Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.**

**Ro 8:37 (NKJV) — 37 Yet in all these things we are more than conquerors through Him who loved us.**

VI. Summary: if you practice these 5 things each day, you will see the quality of your life improving here and now, here a little there a little, line upon line, precept upon precept, then you will be securing a rich inheritance in the world to come.

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