

**FOR:** Lighthouse Network  
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**Title:** Most Important Skill for Health  
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**INTRODUCTION:**

Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.

**BODY:**

Patients often ask, “What is the most important skill for psychological and spiritual health?” If

I could wish for anything, like Solomon in 1<sup>st</sup> Kings, I’d wish for Godly decision-making skills.

That is, the wisdom to know what is right and to do it. Decision-making, or free will, is the most important skill over which you have total control. We make 80,000 decisions a day, and those decisions determine who we are, how our lives go, even where we spend eternity.

Unfortunately, nobody gets decision-making classes growing up. Learning sound decision-making skills has transformed my life and the lives of many I’ve treated. You don’t need a genie, just the right decision-making instruction to practice.

**CLOSE:**

If you or a loved one is struggling, go to [844lifechange.org](http://844lifechange.org) or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well