

**FOR:** Lighthouse Network  
**LENGTH:** :60  
**Title:** Decision-Making: Most Important Spiritual Discipline

**INTRODUCTION:**

Welcome to Life Change! I'm Christian Psychiatrist Dr. Karl Benzio.

**BODY:**

What is the most important spiritual discipline? A spiritual discipline is a regular practice that draws us closer to God and helps us understand His ways. Spiritual disciplines allow us to show, our obedience and understanding, through our actions. Some common disciplines are baptism, tithing, prayer, and communion. But left off every list is the most important spiritual discipline: decision-making. Every other discipline starts with the decision to practice the discipline and then requires ongoing decisions to stay with it. Over the next month, we will be describing why and how Godly decision-making is the most powerful discipline to transform your life.

**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! (end on "up" note)

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