

**FOR:** Lighthouse Network  
**LENGTH:** :60  
**Title:** Stimuli – God Is Sovereign

**INTRODUCTION:**

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

**BODY:**

The first component of our SPEARS decision-making process is stimuli, or the situation leading to a decision. When responding to situations, remember some important facts. God is all-powerful, totally loves you, and is sovereign – meaning He is in control of everything. God sacrificed His son, Jesus, for your life. God wants the best for you. Most importantly, He never makes mistakes. Your situation – or the stimuli for your decision – isn't random or bad luck; it has a purpose for your growth. Romans 8:28 re-enforces this truth, stating, “**All things work together for good** to them that love God.”

**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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