

# *Make life-giving decisions*

*To believe as against not believing is not to adopt an opinion, but to embrace a life.*

Herbert Hodges

Look back and ask yourself about choices you have made in your life- and how you now feel about them.

**How free do you feel in making choices?**

**Or are you driven by the need to fulfil other' expectations,  
or the need to keep up appearances?**

**Have you any sense that each day you are confronted by choices –  
great and small -**

**which will make a difference to your living?**

**Is this threatening?**

**or liberating?**

*We already have everything, but we don't know it, and we don't experience it. Everything has been given to us in Christ. All we need is to experience what we already have.*

Thomas Merton

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