

I CHOOSE LOVE...

NO OCCASION JUSTIFIES HATED;
NO INJUSTICE WARRANTS BITTERNESS. I CHOOSE LOVE.
TODAY I WILL LOVE GOD AND WHAT GOD LOVES.

I CHOOSE JOY...

I will invite my God to be the God of circumstance.
I will refuse the temptation to be cynical...
the tool of the fuzzy thinker. I will refuse to see
people as anything less than human beings
created by God. I will refuse to see any problem as
anything less than an opportunity to see God.

I CHOOSE PEACE...

I WILL LIVE. FORGIVEN, I WILL FORGIVE. SO THAT I MAY LIVE.

I CHOOSE PATIENCE...

I will overlook the inconveniences of the world.
Instead of cursing the one who takes my place, I'll
invite him to do so. Rather than complain that the
wait is too long, I will thank God for a moment
to pray. Instead of clenching my fist at new
assignments, I will face them with joy and courage.

I CHOOSE KINDNESS....

I WILL BE KIND TO THE POOR, FOR THEY ARE ALONE.
KIND TO THE RICH, FOR THEY ARE AFRAID. AND KIND TO
THE UNWIND, FOR SUCH IS HOW GOD HAS TREATED ME.

I CHOOSE GOODNESS...

I will go without a dollar
before I take a dishonest one. I will be overlooked
before I will boast. I will confess before I will
accuse. I choose goodness.

I CHOOSE FAITHFULNESS...

TODAY I WILL KEEP MY PROMISES.
MY DEMONS WILL NOT REGRET THEIR TRUST. MY ASSOCIATES
WILL NOT QUESTION MY WORD. MY WIFE (HUSBAND) WILL NOT
QUESTION MY LOVE. AND MY CHILDREN WILL NEVER FEAR
THAT THEIR FATHER (MOTHER) WILL NOT COME HOME.

I CHOOSE GENTLENESS...

Nothing is won by force. I choose to be gentle.
If I raise my voice may it be only in praise.
If I clench my fist, may it be only in prayer.
If I make a demand, may it be only of myself.



I CHOOSE SELF-CONTROL...

I AM A SPIRITUAL BEING...
AFTER THIS BODY IS DEAD, MY SPIRIT WILL SOAR.
I REFUSE TO LET WHAT WILL ROT, RUIN THE ETERNAL.
I CHOOSE SELF-CONTROL. I WILL BE DRUNK ONLY BY JOY.
I WILL BE IMPASSIONED ONLY BY MY FAITH.
I WILL BE INFLUENCED ONLY BY GOD.
I WILL BE TAUGHT ONLY BY CHRIST.
I CHOOSE SELF-CONTROL.

Love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness, and self-control.
To these I commit my day.
If I succeed, I will give thanks.
If I fail, I will seek His grace.
And then, when this day is done,
I will place my head on my pillow and rest.

by Max Lucado
Artwork Copyright Jacqueline Elmer

