



## LESSON 5 // EVALUATE YOUR COMMITMENTS

**Big Idea:** To think the right way, you must understand the power and importance of your commitments. The right commitments direct your attention to what's valuable and important. They drive your energy, discipline your emotions, and simplify your decisions. Right commitments develop your character, decrease guilt and regret, and deepen your relationships.

**Matthew 6:19-21 (NIV)** *Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*

**Romans 12:2 (NIV)** *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

### Start Talking:

What commitments are most important to you and why?

### Start Thinking:

**Read Matthew 6:19-21.** What kind of commitment does Jesus call us to in these verses? How can this help guide your attention and resources in the right direction?

**Read Proverbs 12:11.** In what practical ways do the right commitments drive your energy?

How do the right commitments simplify decisions in your life? What are some benefits of this?

How does making the right commitments to people strengthen your relationship with them?

### Start Praying:

Pray for God to give you insight about the commitments of your life and the resolve to make and keep the right commitments.

### Start Doing:

Based on this lesson, consider what commitments you need to make and/or adjust in your life. Let Matthew 6:19-21 and Romans 12:1-2 give you a biblical perspective that helps direct your thinking about this.