Choosing a Path to Life

The First Commandment directs us to honor God above all things. Why? We do this because honoring God is the path to true happiness and love.

 In this exercise you will imagine two different paths in daily life. The first path is the one taken by a person who makes union with God the primary focus of his or her life. The second path is the one taken by a person who makes someone or something other than God the primary focus of his or her life.

 Below you will find reflection spaces for each of the two life paths. In the space provided for each path, brainstorm a list of values that would direct a person’s choices if she or he were to follow this path. Write those values in the space above the line. Then brainstorm about the effects these values would have on someone’s relationships with God, others, and self. Write these in the space below the line.

Path A: Union with God

The following values would direct one’s choices or actions when union with God is the primary focus of one’s life:

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The values listed above would affect one’s relationships with God, others, or self in the following ways:

Path B: Union with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On the line above, write the name of someone or something that may replace God as a person’s goal in life, something that may be considered an idol.

These values would direct one’s choices or actions when this person or thing is the primary focus of one’s life:

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The values listed above would affect one’s relationships with God, others, or self in the following ways:

Personal Essay

In your reflection journal or on a separate sheet of paper, write a short essay answering the following questions:

How does making God the center of your life ultimately lead to love and happiness?

What moral choices can you make every day to live out that goal in light of your particular gifts, interests, and other life goals?

In writing your essay, consider these points:

God desires your greatest good.

The Christian community offers many ways to strengthen this pursuit.