



How **many decisions**  
does an adult make on  
**food** alone each day?

**226.7**  
decisions

*Although we make more than 200 more decisions than we think we make, many of these are “automatic” food choices where we unconsciously eat without considering what or how much food we select and consume.*

*in Brian Wansink and Jeffrey Sobal, *Mindless Eating* (2007)*

Two contrasting strategies for  
decision-making: **plans and habits**

How to develop the **fear of God**  
as the starting point or  
basis for decision-making?

The **fear of the Lord** is the beginning of wisdom, and knowledge of the Holy One is understanding.

**Proverbs 9:10**

CHOOSING TO  
**Fear God**





Do not be afraid of those who kill the body but cannot kill the soul. Rather, **be afraid** of the One who can destroy both soul and body in hell.

Matthew 10:28

Therefore, since we have these promises,  
dear friends, let us purify ourselves from  
everything that contaminates body and spirit,  
perfecting holiness out of reverence for God.

2 Corinthians 7:1

Give God undivided attention.

Teach me your way, LORD, that I may rely on  
your faithfulness; give me an **undivided**  
**heart**, that I may **fear** your name.

Psalm 86:11

Cultivate an awareness of God's  
presence.

I can never escape from your Spirit! I can  
never get away from your presence!

Psalm 86:11

Accumulate **godly wisdom.**

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

James 3:17



Two teachers:  
wisdom and consequences

How to develop the **fear of God**  
as the starting point or  
basis for decision-making?

- Give God undivided attention.
- Cultivate awareness of his presence.
- Accumulate godly wisdom.