SEIZE THE DAY
STUDY GUIDE
### CONTENTS

**Introduction**

Chapter 1: Man's Free Will  
Chapter 2: God's Will for Your Life  
Chapter 3: Living for Eternity  
Chapter 4: The Reward of Right Choices  
Chapter 5: Where Did All The Time Go?  
Chapter 6: Ways to Avoid Wasting Your Time  
Chapter 7: We Only Get One Life  
Chapter 8: Determination  
Chapter 9: Seize the Day  
Chapter 10: Scheduling and Planning  
Chapter 11: Following Through with Your Plan  
Chapter 12: Organization  
Chapter 13: What Are You Living For?  
Chapter 14: Being an “On-Purpose” Person  
Chapter 15: Activity and Passivity  
Chapter 16: Be Careful How You Live  
Chapter 17: What Are You Doing with What God Has Given You?  

vii  
1  
6  
13  
18  
25  
33  
43  
50  
57  
63  
67  
72  
78  
85  
89  
94  
101
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Seeing the End from the Beginning</td>
<td>108</td>
</tr>
<tr>
<td>19</td>
<td>Finding Strength for the Journey</td>
<td>114</td>
</tr>
<tr>
<td>20</td>
<td>Seize Your Thoughts</td>
<td>119</td>
</tr>
<tr>
<td>21</td>
<td>Five Things to Do on Purpose</td>
<td>124</td>
</tr>
<tr>
<td>22</td>
<td>Take Charge of Your Life</td>
<td>129</td>
</tr>
</tbody>
</table>
This companion study guide is written to complete while reading *Seize the Day*. You may want to read the entire book and then come back and complete each chapter in this workbook, or you may want to go chapter by chapter in both books.

Whichever method you choose, I hope you will be honest and open with yourself, knowing that you do not need to share your answers. Being as open and honest as you can will help you identify areas in your life you need to surrender to God and ask for specific help.

I wrote this book to help you make the most of your days left on earth—to help you live on purpose.

I am usually a very goal-oriented individual, and I am motivated by accomplishment, so I stay on track. But in the past year I found myself looking at the piles of things I needed and wanted to do and became so double-minded about which one to do first that I often ended up doing nothing, or at best I just did little bits and pieces of several things—none of which I finished. Oh, I finished the things I absolutely had to do, but to be honest, I was wasting a lot of precious time and feeling aggravated at myself because I seemed to spend more time trying to figure out what to do than I did doing anything. I felt really overwhelmed.

That is unusual for me, so I really started praying about it and wanted to hear what God would say to me about the situation. I felt that life was ordering me around rather than me ordering my life, and I knew something was wrong.

As I prayed about it, God began showing me the importance of living life
on purpose—something I had done most of my life but had somehow gotten away from.

I think part of the reason why I encountered the season of passivity and double-mindedness was so that I would feel an urgency to write this book. As I researched, I found that a large percentage of people live their lives day in and day out without accomplishing much of what they truly intend to. They are busy, but not sure what they are busy with.

“I’m busy” has become the standard excuse for all the things we should have done but didn’t do. If you see a friend whom you used to hear from regularly, but now you cannot get them to return your calls, they will assuredly say, “I’m sorry I haven’t called you back; I have just been very busy.”

We recently waited almost three weeks to secure an appointment for a carpet bid. When we called the salesman for the third time, he said, “I’m sorry it has taken me so long to get back to you, we have just been so busy!” What if God never answered our calls and then gave the excuse of being too busy?

I truly wonder how many people at the end of their life feel they lived the life they were meant to live? How many have only regrets about the things they did or did not do during their life? You only have one life, and if it is not going in the direction that you want it to, now is the time to make changes.

If we live unproductive lives, we should not blame it on circumstances, other people, the way the world is today, or anything else. God created man and gave him free will. That means we have the ability to make choices in literally every area of life, and if we don’t make our own choices guided by God, we will end up with nothing but regrets.

God has a will and purpose for each of us, and His desire is that we use our free will to choose His will so that we can enjoy the best life possible. I hope and pray that as you read this book you will learn to seize the day and start making the moments that you have count toward fulfilling your potential!
This study guide includes several parts to help you stay on track and digest all of the material in *Seize the Day*:

**Get Ready** prepares you for the subject matter in the chapter and reviews what was learned in the previous chapter.

**Get Set** digs into the heart of the chapter and gives you questions and activities to help you think more deeply about the subjects presented.

**Go!** is designed to help you implement the new ideas and strategies learned in the chapter.

**Remember** captures the main points of the chapter as well as a scripture to remember.

I hope you will use this book as a tool to choose to seize the day and live on purpose to honor God.
CHAPTER 1

Man's Free Will

Get Ready…

Read Deuteronomy 30:19 in several Bible translations. Then ask yourself which choice you are committed to making: Life or death? Blessings or curses?

What do you need to do to choose life?

Get Set…

What does it mean to you to have free will? Journal about your thoughts on free will.

Are you more inclined to live in the summerhouse of your emotions, or the central citadel of your will? Explain.
Reaping what we sow is a spiritual law that God has put into place in the universe, and it works the same way every time. If we sow to the flesh, we reap from the flesh ruin, decay, and destruction. But if we sow to the Spirit, we reap life (see Galatians 6:8). No matter how much bad seed (self-will and disobedience) anyone has planted, the moment they begin to plant good seed (obedience to God), their lives will begin to change for the better. God's mercy is new every morning—that means He has provided a way for us to begin fresh each day!

Do you truly believe that when we plant good seed—live in obedience to God—our lives change for the better? Explain.

What do you need help with today to make better decisions?

Write a prayer asking God for specific help. Take a few moments to be still and jot down any thoughts that come to mind that may help you make better choices.
Man's Free Will

Unless we learn the value of free will and begin to exercise it to make right choices, we will always be merely victims of life’s circumstances and the bad choices those around us make. When I was a child and unable to make my own choices because I was under the authority of my parents, I was a victim of my mother and father’s poor choices. But once I was away from home and had the ability to make my own choices, I was in a position to change my life. Sadly, I didn’t know that, so I spent another eighteen years making wrong choices by acting according to my deceived mind and wounded emotions. At the age of thirty-six, through crying out for God’s help, I received grace from Him to begin studying His Word. When I did, I discovered I could make choices according to God’s will and, thus, become a victor instead of a victim.

Do you see yourself as a victor or a victim? Circle the term you identify with most and write why.

VICTIM

VICTOR

Read the following scriptures and write how they can remind you to live as a victor and not a victim.

Romans 8:31–39

II Timothy 1:6–10
Philippians 4:11–13

I Corinthians 15:54–57

Go!

A great deal of the time God leads us by peace, wisdom, and common sense. Think of a time in your life when you were led by each one. Write about it to help you discern when God is leading you in the future.

Peace

Wisdom

Common sense
Review David’s story in II Samuel 11, 12:1–25. What sin did David commit against God?

Read how David repented (read Psalm 51). Describe his words and actions.

Use David as an example of how to change a wrong choice and follow God’s will. Trust that God will forgive you, just as He forgave David, and commit to walking in God’s will.

We don’t have to manifest perfection in order to be accepted by God, but we do need to have a heart that is committed to always finding its way back to God’s will.

Remember

We cannot always choose what our circumstances will be, but we can choose how we will respond to them. When we use our freedom to choose to do the will of God, He is honored and glorified.

Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live!

Deuteronomy 30:19 (NLT)