

# The Power of Small Choices

Dear Sterling Parents and Students,

As we move into June, life continues to be busy in different ways for each of us. Some students are preparing for final projects and exams, while others are looking ahead to summer activities, camps, vacations, or new opportunities.

In the midst of these changing schedules, it can be easy to overlook the importance of everyday decisions. Yet our character is often shaped not by a few major moments, but by the small choices we make day after day.

A kind response when we're frustrated. Honesty when no one is watching. Choosing to help rather than ignore a need. These seemingly small actions have a powerful impact on who we become and how we influence those around us.

This month, let's focus on the power of small choices and the lasting difference they can make.

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## Scripture for June

**"Whoever can be trusted with very little can also be trusted with much."**

*(Luke 16:10)*

Jesus reminds us that faithfulness begins with the small things. Before we are given greater responsibilities, we learn to be trustworthy in everyday moments. Small choices made consistently can lead to significant growth over time.

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## Wisdom for Everyday Life

### • Character Is Built Daily

Most of life is made up of ordinary moments. The habits we practice today shape the person we become tomorrow.

### • Kindness Costs Little but Means Much

A smile, a word of encouragement, or a simple act of service can brighten someone's entire day.

### • Small Steps Matter

Growth rarely happens overnight. Consistent effort and wise decisions often produce the greatest results.

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## Family Practice (3 Minutes at Dinner)

### The "One Good Choice" Conversation

Invite each family member to answer these two questions:

1. **What was one good choice you made today?**
2. **What is one choice you want to make differently tomorrow?**

This simple discussion encourages reflection, gratitude, and growth without requiring much time.

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## Student Challenge: The Small Choice Challenge

Choose **one** of these actions each day this week:

- **Encouragement Challenge**

Say something positive to a classmate, sibling, teacher, or friend.

- **Service Challenge**

Do one helpful task without being asked.

- **Gratitude Challenge**

Write down one thing you are thankful for each day.

- **Integrity Challenge**

Choose to do the right thing even when no one else would notice.

- **Pause and Pray**

Before beginning your day, pray:

*"Lord, help me make choices today that honor You and serve others."*

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## A Blessing for You

May the Lord guide your decisions and strengthen your character. May He help you recognize the opportunities hidden within ordinary moments. May your words bring encouragement, your actions reflect kindness, and your daily choices become a source of blessing to those around you.

As always, if you or your child need encouragement, support, or prayer, my door is open.

**Blessings,**

**Chaplain David Park**