

## Day 6

*I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life, so that you and your descendants may live.*  
—Deuteronomy 30:19

**Brainy Tip:** The choices you make impact your health, mentally and physically, and the world around you—through the generations.

This verse is one of my favorites. It is compelling and challenging. We are designed to do our own brain surgery and rewire our brains by thinking and by choosing to renew our minds. It all begins with choice! Our choices can bring life or death, and through epigenetics the impact of these choices can be felt through the generations. We thus live in a community in both the present and future. What we choose today has a lasting impact. This verse compels us to examine our thoughts and ask whether they are life-bearing or death-bearing. It highlights our responsibility as human beings made in the image of a powerful God.

Yet Deuteronomy 30:19 is also incredibly encouraging. Through our thoughts we can be our own micro-surgeons as we make choices that will change the circuits in our brains. So, no matter what “death” we may have faced in the past, we can still choose life. We can choose to change. There is always hope.