



# The Well

an ordinary place  
where extraordinary  
things happen

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**you are**  
**what you ask.**



# **you are what you ask.**

## PT. 1 THE INTEGRITY QUESTION

**Good questions lead to better decisions.  
Better decisions lead to fewer regrets.**

**Private decisions have public implications.**

“The prudent see danger and take refuge, but the simple keep going and pay the penalty.” Proverbs 22:3



QUESTION #1

**AM I BEING HONEST WITH  
MYSELF...REALLY?**

“The one who states his case first seems right, until the other comes and examines him.” Proverbs 18:17

**You can't make the best decision FOR YOURSELF  
until you are honest WITH YOURSELF.**

“The heart is deceitful above all things, and desperately wicked; who can know it?” Jeremiah 17:9

**“The human understanding when it has once adopted an opinion...draws all things else to support and agree with it. And though there be a greater number and weight of instances to be found on the other side, yet these it either neglects or despises, or else by some distinction sets aside or rejects.”**

Sir Francis Bacon

**“He [Zedekiah] did evil in the sight of the Lord his God, and did not humble himself before Jeremiah the prophet, who spoke from the mouth of the Lord.” 2 Chronicles 36:12**

**“Keep your heart with all diligence, for out of it spring the issues of life.”**  
Proverbs 4:23

**“And you shall know the truth, and the truth shall make you free.” John 8:32**

## **THE INTEGRITY DECISION**

**I will not lie to myself even when the truth makes me feel bad about myself.**

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### **THINK/TALK IT OVER**

- What decision do you wish you could go back and unmake? What influenced you to make it in the first place?
- Have you ever experienced the benefits of telling yourself the truth, even when it was hard to admit? Explain.
- Consider a decision you're facing right now. How might it help to ask yourself, “Am I being honest with myself . . . really?”

# you are what you ask.

## PT. 2 THE LEGACY QUESTION

**Good questions lead to better decisions.  
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QUESTION #2

**WHAT STORY DO I WANT  
TO TELL?**

“Dead flies putrefy the perfumer’s ointment, and cause it to give off a foul odor; so does a little folly to one respected for wisdom and honor.”  
Ecclesiastes 10:1

**Every decision becomes a permanent part of  
your story.**

## **THE STORY OF JOSEPH**

SEE GENESIS 37-40

“Now Joseph was handsome in form and appearance. And it came to pass after these things that his master’s wife cast longing eyes on Joseph, and she said, “Lie with me.” But he refused and said to his master’s wife, “Look, my master does not know what is with me in the house, and he has committed all that he has to my hand. There is no one greater in this house than I, nor has he kept back anything from me but you, because you are his wife. How then can I do this great wickedness, and sin against God?” Genesis 39:7-9

And Joseph said to his brothers, “Please come near to me.” So they came near. Then he said: “I am Joseph your brother, whom you sold into Egypt. 5 But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life... God sent me before you to preserve a posterity for you in the earth, and to save your lives by a great deliverance. So now it was not you who sent me here, but God.”  
Genesis 45:4-8

**You want to be the hero of your story.**

“A good man leaves an inheritance to his children’s children.” Proverbs 13:22

**Today’s decision will soon become  
tomorrow’s story.**

## **THE LEGACY DECISION:**

**I will do everything in my power to write a story  
that I’m proud to tell.**

### **THINK/TALK IT OVER**

- Why is it so difficult to connect individual decisions with the big picture story of our lives?
- Think of a time where emotions fueled a decision you later regretted. What do you see now that you couldn’t see in the moment?
- Consider a decision you’re facing right now. How might it help to ask, “What story do I want to tell?”

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## PT. 3 THE CONSCIENCE QUESTION

**Good questions lead to better decisions.  
Better decisions lead to fewer regrets.**



### QUESTION #3

**IS THERE A TENSION THAT  
DESERVES MY ATTENTION?**

“Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.” 1 Corinthians 2:12

“The prudent see danger and take refuge, but the simple keep going and pay the penalty.” Proverbs 22:3

### THE CONSCIENCE DECISION:

**I will explore, not ignore, my conscience.  
I will pause, and find the cause, of my hesitation.**

## **The Story of David and Saul**

SEE 1 SAMUEL 24

“Saul has slain his thousands, and David his ten thousands.” 1 Samuel 18:7

“Now it happened afterward that David’s heart troubled him because he had cut Saul’s robe. And he said to his men, “The Lord forbid that I should do this thing to my master, the Lord’s anointed, to stretch out my hand against him, seeing he is the anointed of the Lord.” So David restrained his servants with these words, and did not allow them to rise against Saul. And Saul got up from the cave and went on his way.” 1 Samuel 24:5-7

“Let the Lord judge between you and me, and let the Lord avenge me on you. But my hand shall not be against you.” 1 Samuel 24:12

## **We never know what the outcome of our decisions will be.**

“Do not be afraid. Stand still, and see the salvation of the Lord, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. The Lord will fight for you, and you shall hold your peace.” Exodus 14:13-14

### **THINK/TALK IT OVER**

- Have you ever faced a situation that made you pause and at the time, you weren’t sure why?
- Fr. Anthony said that God uses our internal tension or hesitation to speak to us and direct us. Can you give any examples of this from your life?
- Consider a decision you’re facing right now. How might it help to ask yourself, “Is there a tension that deserves my attention?”

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## PT. 4 THE MATURITY QUESTION

**Good questions lead to better decisions.  
Better decisions lead to fewer regrets.**

“As a dog returns to his own vomit, so a fool repeats his folly.” Proverbs 26:11

### THE WRONG MINDSET

If it's not wrong, it's alright.  
If it's not illegal, it's permissible.  
If it's not immoral, it's acceptable.  
If it's not over the line, it's probably fine.

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“All things are lawful for me, but all things are not helpful.” 1 Corinthians 6:12



QUESTION #4

**WHAT IS THE WISE THING  
TO DO?**

“No one quickly and at once rushes out into vice... The devil gently and little by little leads him on to it, until he comes to the very pit of destruction, and casts himself in.” St. John Chrysostom

“See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is.” Ephesians 5:15-17

**In light of my PAST experiences,  
my CURRENT circumstances and  
my FUTURE hopes and dreams,  
what is the wise thing to do?**

**“Can a man take fire to his bosom, and his clothes not be burned? Can one walk on hot coals, and his feet not be seared?” Proverbs 6:27-28**

**“To everything there is a season, a time for every purpose under heaven”  
Ecclesiastes 3:1**

**“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.”  
Galatians 6:7-8**

**THINK/TALK IT OVER** 

- In your own words, explain the difference between a “is it wrong” mindset vs a “is it wise” mindset?
- Think of a time where you weren’t acting wrongly (at least not at the start), but you were acting unwisely. What happened?
- Consider a decision you’re facing right now. How might it help to ask, “What is the wise thing to do?”

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