

# The Value of Our CHOICES



**What voices are influencing the decisions you make?  
Thinking about the risks, rewards, and consequences:  
Is it worth it?**

## A Note from Julie Elias



Dear Friends,

For most of my life, I felt like God was writing some really exciting chapters. I have had some wonderful experiences and a lot of cool stories. But chapters don't mean as much if you don't know what that whole book is about. It was frustrating. Though I've been a Christian since a young age, I didn't know God's overall, big-picture plan for my life. Praying for answers a few years ago, a plot began to develop that I never had imagined. Turns out, every chapter taught me something that shaped who I have become and equipped me to be where I am today, even when I didn't understand it.

I can only imagine what kinds of temptation and danger you all face every day. They say it's worse now than ever before. I want to encourage you to find your relationship with Christ NOW so you have a strong foundation that guides everything you say and do. Being a teen is hard; I remember, I was there once. But being an adult is hard, too. Life is hard. The sooner you have the tools and support to live a wise, godly, healthy life, the better the quality of your life will be.

My hope and prayer is that you use your life in some way for His glory, remembering every day that you are a witness of Christ's love and compassion in a world that desperately needs it. You have no clue how many lives you may impact just by being the best YOU that God wants you to be.

Thanks for your support and friendship!

Julie

## As a human, you will make choices all day, every day, for the rest of your life.



### Choices of Value

As a human, you will make choices all day, every day, for the rest of your life. Some of these will be small, like choosing what to eat for dinner or what to wear to school. Others will be enormous, like choosing a career field or a spouse. As you get older, your choices become more serious and are especially difficult if you are a Christian because you will be trying to make moral decisions, driven by your faith.

Don't think of decisions about only trying to avoid things that are wrong. You can also ask, "What is right with this choice?" Wise choices can bring about some of the best things that can ever happen to you. It will be a real sign of maturity if you develop the habit of starting each morning by thinking about the decisions you will make that day and how they will affect your life. Many adults don't even do this and still struggle with good decision-making into adulthood. By holding firm to your belief system, you will be able to identify both the possible risk and potential reward of every choice you make.

### The Strongest Influences

There are many factors that influence your decisions that will determine why you do the

things you do.

These factors can be:

- God's plan and will for your life
- your belief system
- your personal hopes and dreams
- your talents and gifts
- your parents/family
- friends
- peers
- desire for popularity
- teachers, coaches, or pastors
- emotions and feelings
- money
- different stages of your life
- media: movies, TV, magazines, music

You need to identify which factors are important to you...and possibly reassess why you feel that way. Which of these do you see as not reliable because of how quickly they change? For example, fashion trends in 1993 were giant balloon-like pants, light-up shoes and a lot of colorful eye makeup. Ten years later, nobody – popular or not – would be caught dead in them.

Be careful that your strongest influences don't encourage you to make decisions you know are wrong. Three of the most common but dangerous influences are feelings, media pressure, and peer pressure.

**1) Feelings.** Oh, the feelings. During high school (if not sooner!), you will probably experience your first dating relationship, love, break-up, heartbreak, falling out with a friend... nobody escapes extreme, unfamiliar feelings at this age. But let's look at the nature of feelings for a moment. Feelings are often a lousy barometer of reality. They are often inaccurate, misguided and temporary. You can be bawling your eyes out at a sad movie and feeling almost depressed, then an hour later be laughing with friends over dinner. The world around you hasn't actually changed, but your feelings sure have. Doing things based on your feelings is impulsive, selfish, and dangerous.

Say you have met the perfect guy. He is gorgeous, funny, and really seems to care about you. The inevitable question is coming: sex? Your young heart, romantic feelings and raging hormones are pushing you towards it. He's encouraging it. Your friends are doing it. The movies and TV shows you see tell you it's really not a big deal. You ask yourself, "What's the worst that can happen?"

The Bible is blunt about sex: "Because of the temptation to sexual immorality, each man should have his own wife and each woman, her own husband" (1 Corinthians 7:2). You only have ONE chance to lose your virginity; you can never get it back. Realize the power of this gift when you do finally marry your husband or wife. How special would it be for them to know you saved yourself for them? What an amazing way to start your marriage. There is so much more value in waiting for the one God has planned for you to marry than getting caught up in the moment or trying to seem "cool." Going against what God wants for you may have many earthly consequences that will make your life even harder. STDs? Shame or embarrassment? Massively intensified heartache if/when you



do break up? Or probably one of the toughest things you could be faced with: unplanned and unwanted pregnancy?

Emotions make you think and do things that you may not do otherwise. Feelings also can cause you to act out against others. Bullying, property damage and violence all come from anger and the inability to control it. When you're mad, you can cause others verbal, physical and emotional abuse that is completely out of character but result from your heightened emotions. Stop and think. Anytime you make a choice, you are responsible for every consequence and you should be ready to accept the "worst." The wisest decisions are made when you are calm, rational and clearheaded.

**2) Media Pressure.** Have you ever heard the phrase "garbage in, garbage out?" We as a society are being fed more garbage than ever before. The things we surround

ourselves with have a huge influence on our thoughts, words and actions.

**Music.** Al Menconi, president of Menconi Ministries, says that music is a "window to the soul" for teenagers. The reason music is so popular is because it talks about the anger, fear, rebellion, depression, sexuality, confusion and frustration that all teenagers deal with at certain times. It puts strong, unspoken feelings into words and music. When you connect with a song, you feel as though you are not alone and someone else understands you. There are plenty of powerful secular songs that have positive words and themes. But there are many others that have ungodly philosophies and even promote sinful behavior. Besides crude language, some lyrics actually glorify gang rape, suicide, incest, murder, violence, sodomy, promiscuity and forced oral sex. So much music is sensual and self-absorbing, letting you believe your irresponsibility and selfish rebellion is okay.

**Movies and Television.** It is estimated that by the time you are out of high school, you will have seen 18,000 televised killings and up to 90,000 acts of sex or alleged sex. Television has not only taught teenagers that premarital, casual sex is okay, but that it is fun, funny, normal and free from consequences. Television has also brought some of the scariest situations imaginable into your living room – rape, murder, violence – minimizing

just truly how many people are damaged by these scenarios. Movies take these same things to the big screen, making them even more glamorized. It is so important you create and foster your own belief system so when you do see these things in movies and TV (and unless you live in a cardboard box, you WILL come across them), you will not be swayed by what Hollywood tells you is normal and acceptable.

**Magazines.** Go to any airport or doctor's waiting room and you will see girls who haven't even hit puberty reading magazines covered with sexual headlines. Magazines tell you what's considered attractive for your body, what you need to buy in order to be cool and happy, and how to become desirable to the opposite sex. Believe it or not, many times, they are telling you how to be a sexual object. Wear this, do that, shave this, pluck that... the more you try to be like the people you see in magazines, the more you become WHAT they are telling you to be. You lose your God-given individuality. There is nothing wrong with buying new clothes or working out to be healthy, but if you're only doing it because magazines are telling you that you NEED to in order to be popular or be desirable to the opposite sex, you need to seriously rethink why this is so important to you.

**Video Games.** When Nintendo first came out, its most popular game was about a pair of Italian plumber brothers trying to save a

The things we surround ourselves with have a huge influence on our thoughts, words and actions.



princess from a giant turtle. Now the average games have you stealing cars, executing people for the mafia, and regaining your character's health by getting oral sex from a prostitute or violently murdering faceless terrorists with state-of-the-art weapons. Video games were meant to be entertaining and create a world where anything is possible, but they have found a scary way into the real world and this has proven to be a very dangerous. If you look at the backgrounds of many of the troubled young men who have been responsible for public shootings, you will find an affinity toward violent video games. While they are not the only cause or explanation for atrocious acts, video games encourage anti-social, addictive behavior and can blur the lines between reality and fantasy.

**Pornography.** Thankfully, pornography is still not widely accepted by society. Unfortunately it is still everywhere. Relationships with pornography are NOT real and provide a false belief about what sex should be. Pornography has been the downfall of many marriages and good people, from fathers to pastors. Josh McDowell explains it best that pornography is not wrong because it is so sexy, it is wrong because it is not sexy enough. It butchers true sexual fulfillment on the block of immediate and superficial gratification. It strips sex of the sacred beauty that God created it to

have in marriage. Curiosity is natural, but pornography perverts the perception of what sex was designed for.

If you find yourself to be someone who likes any of these things (vulgar music, violent video games, sexual or pornographic visual media) please ask yourself "why?" Is it to fit in with a "popular" group of people at school? Does it make you feel cool and "hardcore"? More grown up? Is it to get attention from your parents, by making them mad? Or do you feel that it is truly the only thing that you relate to? None of these things will provide the acceptance or completeness you are seeking. Deuteronomy 7:26 says this: "And you shall not bring an abominable thing into your house and become devoted to destruction like it. You shall utterly detest and abhor it, for it is devoted to destruction." When you put any of these things at the core of your life, you are putting them above God and therefore creating idols. You believe what they are telling your over what God is telling you. Making wise decisions is hard enough as it is; do not be a slave to what false idols- the media and society- are feeding you.

**3) Peer Pressure.** The desire to fit in with those around you may be the biggest challenge you ever face. Whether it's in school, college, your workplace, your future

A real friend is loyal.  
They accept you. They  
are honest with you.  
And they lift you up.



in-laws, or church, we all want to feel a sense of belonging and acceptance. Your friends will play a massive part in your decisions. Someone once wisely told me, "Show me your friends, I'll show you your future." Are your friends motivated, responsible students involved in school activities? You will probably find yourself focusing on your grades and getting involved with extracurricular activities. Are your friends on the soccer team disciplined in the off-season? Then you are more likely to join them in workouts and training. Are your friends pot-smokers? Unfortunately, you will find yourself surrounded by it; even if you can personally say "no," it will get harder to avoid the temptation as you become closer friends with them. People I know who smoked pot in high school often continued to do so in college and were more open to trying other drugs, sometimes with addictive and deadly consequences. To say you are completely resistant to peer pressure is to be in denial. Some people are better than others at resisting temptation, but it is silly to think you aren't influenced by what's around you. Therefore, you need to be wise in your selection of close friends. Think for a moment about your closest friends:

#### A real friend:

- is LOYAL: Proverbs 17:17 says, "A friend loves at all times and is a brother in times of adversity." A true friend will not leave you in hard times and will stand by you regardless of circumstances or inconvenience.
- ACCEPTS YOU: Proverbs 17:9 says, "He who covers over an offense promotes love, but whoever repeats the matter separates close friends." This verse means that a friend may correct you at times (this is OK!) but will not put you down. He will accept you the way you are but also inspire you to be better.
- is HONEST: Proverbs 27:6 says, "Rebuke from a friend is better than receiving a kiss from an enemy." This is sometimes hard to accept: We often don't like hearing criticism about ourselves. But a real friend loves you enough to tell the truth when no one else will.
- LIFTS YOU UP: Hebrews 10:24 says, "Let us consider how to encourage one another to love and good deeds." A real friend will never pull you down or be a negative influence in your life. He will never do anything to discourage you from a Christian walk.





Jesus wants to be your closest friend: He is always loyal, accepting, honest and continues to lift you up, every day. But God wants us to have friends on earth, too. Peer pressure can be a good thing when you have friends who are encouraging you to be better than you are! You can be a great influence to others and if you have steered someone away from drinking, drugs, or promiscuity then you should be commended! That is awesome—don't stop being a light to others! BUT you still need to have your strongest friendships with people who have a strong sense of faith, goals and integrity, lifting you up through their friendship.

**“For all have sinned and fall short of the glory of God.”**

-Romans 3:23

### When You've Made a Bad Choice

It's inevitable. We all make mistakes. And it is okay; there is nothing we can do that God will not forgive. Unfortunately, every choice has consequences and often that is where the real struggle lies. Depending on the seriousness, you may have to live with this choice for the rest of your life. Sometimes learning to live with the consequences requires more trust in God than making the choice in the first place.

Here's what happens when you make a bad choice:

- it takes you farther down the road than you wanted to go
- it keeps you there longer than you wanted to stay
- it always costs more than you wanted to pay

Say you're at a party and everyone is playing drinking games. You know drinking

is wrong and getting drunk is “debauchery” (Ephesians 5:18) and it causes you to be “led astray” (Proverbs 20:1), doing things you wouldn't normally do. Yet you think, “It's only one night. I want to have fun with my friends. Where's the harm in that?” You don't get very drunk, but you do drink a little before driving home. A very drunk person staggers in front of traffic and you hit him. He dies. Because you are the driver, even if you are less drunk, the law holds you responsible. You will be charged with manslaughter and a DUI, which if you're 18, will send you to prison. If not, you will still have serious legal consequences, lose your license and perhaps be ordered to rehabilitation and juvenile detention. Stigma from your school, peers and community will be a harsh reminder of what you've done; close friends may decide they no longer want anything to do with you. That doesn't even BEGIN to touch on the personal guilt you will have to live with the rest of your life. Because of your irresponsibility, you have taken life away from someone else and his family. This kind of thing often requires a lifetime of counseling to even begin to combat the regret and shame. Was this all worth one night of fun?

“Is it worth it?” This should be a question you ask yourself all the time. Accidentally killing someone is an extreme consequence of a bad choice, but it is possible. Other bad choices will bring their own outcomes and struggles to overcome, some of which can haunt you your whole life. Temporary happiness is not worth a lifetime of regret.

While you do have to accept consequences for your actions, God does not want you to waste your life wallowing in self-pity. Just as you may have chosen badly in the first place, you can also choose how you react to the consequences. A bad choice can be a valuable lesson if you choose to learn from it.

### How to handle a bad choice:

**1. Identify the true victims:** Who did you hurt- emotionally, physically, spiritually? Yourself? Your parents? Your friends? Realizing the true impact of your choice will help you to accept responsibility.

**2. Ask forgiveness and repent:** Ask forgiveness from God, honestly from your heart, and you will get it. Ask forgiveness from those you hurt. You may not get it right away, but admitting your fault is an essential and mature way to deal with what you have done. Do your best to change. A repeat offender has a lot less credibility than someone who has actually made a change.

**3. Take responsibility:** Whether your punishment is a week without TV or a year in jail, do what you have to do to show you are serious about your apology and repentance. Realize some things may never be the same and vow never to let it happen again.

**4. Move forward:** Do what you have to do to change and move forward, whether that's having an accountability partner, finding a mentor or counselor, going to rehab, changing your friends, whatever you need to do to move on. Isaiah 43:18-19 is one of the best verses for moving on: **“Forget the former things. Do not dwell in the past. See I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”** Maybe you can use your testimony from a bad choice to help someone else avoid what you have had to go through. Whatever you did, God will forgive you if you ask. Put your faith in Him as you move forward; He believes in you and loves you enough to help you through anything.

# You can make choices that benefit and inspire people around you.



## Choices Determined By Character

“Be more concerned with your character than your reputation, because your character is who you really are, while your reputation is merely what others think you are.” — John Wooden, acclaimed UCLA basketball coach, 1948-1975

In an ideal world, character and reputation would be the same thing. Unfortunately, other people don't always see you the way you see yourself. Even more importantly, people tend to remember your mistakes more than they do your accomplishments. A mistake may only be the result of carelessness, ignorance or hurt feelings, but can really damage your reputation, no matter how “good” of a person you really are. A person who makes a mistake has hurt their reputation. But a person who learns from this mistake and tries to make a change has strong character. You see, how you react to messing up (and we ALL mess up!) is what will set you apart from others. Are you willing to accept responsibility and apologize to those you hurt? Do you want to change and never let it happen again? Or do you deny you have done anything wrong and even try to blame someone else?

Have you heard the phrase, “Who are you in the dark?” It asks if you behave differently when you're alone than you do around other

people. I have even known people who have a few different “personalities” depending on who they are around- with friends, with teammates, with their dating partner, one-on-one. When people catch on to this, it discredits the character of that person. Since nobody knows who they really are, they are hard to trust, potentially dishonest, and not someone who will form close relationships with anyone around them.

Some people age, but others mature. When you age, you develop gray hair and wrinkles. When you mature, you develop character. There are adults in this world who behave like they are still in high school, but there are thirteen-year-old students who excel in college classes. Character is made up of the following qualities:

- Honesty with others
  - Courage to do what is right
  - Respect for others, as well as yourself
  - Responsibility for your actions
  - Endurance to keep going amidst hardship
  - Ability to live up to your potential
  - Compassion for others
  - Integrity by sticking to morals and beliefs
  - Acceptance of others, leaving the judgment to God
  - Confidence in who you are
- Which of these are your strengths? And be

honest: Which of these do you need to work on? No matter how well you display some of these, one failure in any area could ruin your reputation. Reputations can be rebuilt, but it takes a lot of time and effort.

Speaking of confidence, do you have a strong sense of who you are? The more confident you are, the easier it is not to be swayed by the voices around you. But know this: confidence is not the same as cockiness. If you hear someone bragging about themselves all the time, who thinks they are better than everyone else, that is NOT real confidence. In fact, they are probably compensating for feelings of low self-esteem and they feel like they have something to prove, doing so by gloating. A person with a healthy confidence lets their actions speak for them and accepts praise with grace and humility. A person with confidence could be a star athlete that isn't afraid to be seen with the not-so-popular kids. It could be a beautiful young woman who doesn't mind being seen in sweatpants without make-up every now and then.

Confidence and self-esteem don't come out of thin air. Some people think if you have good self-esteem, you will be more successful. That is only partly true; self-esteem has to be developed through trial and error, through challenges that you have proven to yourself that you are able to overcome. Learning a new skill, improving your grades, losing weight, training for a half-marathon...there are a hundreds of examples that you are fully capable of applying in your life. When you believe in yourself, you will respect yourself and therefore many bad decisions will be things you aren't even interested in doing and much easier to reject.

## How to Make Good Choices

No matter what happened in your past, you can change. Today, you can choose to live differently than you did yesterday. If you have made some bad choices and escaped consequences, then stop and thank God right now for His protection and realize you have been given a unique chance to change before it's too late. If you feel you have made wise decisions so far in your life, that's wonderful. But know that you will continue to be tempted over and over again.

### Ask Yourself:

- How will it affect me? If I choose to do this thing, will it make me better physically, emotionally, mentally or spiritually? Will it make me more or less of who I want to be?
- How will it affect others? Will this decision bring harm or good to others?

### Then test the choice:

- The Test of Secrecy: Is there someone you want to keep this a secret from? Would you be ashamed or embarrassed if you got caught? If so, you should know instantly it is wrong.
- The Test of Universality: Would it be okay for everyone to do this? What kind of world, family, community, school or government would we have if everyone did what you are thinking about doing?

**WARNING:** If you feel strongly about a decision you are about to make but refuse to seek counsel on that decision because you are afraid you won't like what you hear, then you are making a very big, very foolish mistake.

If you still have any questions about it, ask a trusted adult. Not a kid from school; a responsible adult who will be honest with you. This could be a parent, teacher, guidance counselor, pastor, youth pastor or even a friend's parent if you feel comfortable enough. In fact, you should try to find a person like this who will be a constant source of reliable, consistent advice and guidance. As long as you continue to seek counsel and ask for help, you will grow and develop your character.

### Choosing God

The most valuable choice you can make in your life is to choose a relationship with Jesus Christ. Becoming a Christian is a wonderful thing, but it doesn't end there. The potential for your relationship with God knows no boundaries. When you truly place your faith in Him, you will experience His love on a whole new level. Here are four easy ways you can go deeper and get more personal in your faith:

**1) Pray.** Pray every day, multiple times a day, as often as you want. Although time

focusing solely on God is important, you don't necessarily have to stop, bow your head, and close your eyes to communicate with Him. Praying can be as simple as expressing a worry, a question or a "thank you" as they come up. Talking to God all day long will keep Him in your thoughts and make you realize He really is a constant companion.

**2) Quiet Time.** This is the time in your day you set aside just for you to be alone in God's presence. Many people do this in the morning because they feel that starting their day with the Bible gets their mind at ease and sets the tone for a positive day. By deciding that the first thing you do in the morning will be to spend time with God, you are putting God first in your life, something He so desperately strives for. If you don't get time in the morning, that is okay; but make sure you devote some time every day- even ten minutes- with no other distractions like cell phones, internet, friends, homework, etc.



Find a person who will be a consistent source of reliable advice and guidance. As long as you continue to seek counsel and ask for help, you will grow and develop your character.



**3) Think Before You Speak.** Words of anger, hurt, jealousy and violence are not pleasing to anyone- especially God. Controlling your tongue is a challenge you will face throughout your life, but if you get to a point where you are conscious of your temper or emotions, you can remind yourself to keep quiet until you have calmed down. Knowing when to be quiet can be the difference between hurt feelings, regretted fights, ruined relationships, and even physical violence.

**4) Practice What You Preach.** This whole booklet is about making valuable choices and how you represent Christ's love. You can say all the words you want, share all of the scripture you memorized, and be known for giving great advice. But that is not enough. If you don't act out the same morals that you talk about, your words are useless. Say you tell a promiscuous friend that they are being careless and premarital sex is wrong, but you are in a sexual relationship yourself. To a non-believer, a hypocritical Christian may tarnish

the reputations of all Christians and turn them away from God altogether. God wants you to live accordingly to the Bible, but He also wants you to be honest. If you struggle with an area but use your faith to overcome it, that is an amazing victory that God wants to share with you.

### Choices Strengthened by Faith

When you have a strong belief system, making wise choices will become more of a second nature to you. There are certain situations you won't even have to think twice about. We all have a belief system that determines what we think about; this determines how we feel and how we feel determines the choices we make. If you are a Christian who is making poor choices, it is either because you don't know what God says about you or because you have forgotten who you really are in Christ and need to be reminded.

Every decision you make today  
regardless of how large or  
how small will determine what  
tomorrow has in store for you.



If you have accepted Christ as your Savior, God says that you are:

- Totally forgiven, unconditionally loved and accepted by Him
- Holy, righteous, blameless and pleasing
- A royal son or daughter of the King

It is your choice to accept God's salvation. God has given everyone that gift, but you have to choose to receive it. The Bible teaches that the most important choice you can ever make is to have a personal relationship with God. Humans want to believe we are our own gods, and in charge of our lives. If you are your own god, there is little room for God, our Heavenly Father. God loves us more than we love ourselves and knows what is truly best. Pray continuously, fill yourself with His word, memorize scripture, and you will find answers to your questions and peace in your heart. A faulty belief system will tell you God is unhappy or angry with you, that you are a guilty and dirty sinner who can never change, and that God's love is based on your performance. If you believe this, you will live with this degrading (and dishonest) view of yourself and will continue to make poor choices. Romans 12:2 says "Do not conform to the patterns of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will." If you have a history of bad decisions, work toward putting God at the

center of your life. With Him, you will learn to control your feelings, why you need to get rid of bad influences, and the importance of surrounding yourself with true friends. Then you will experience true happiness in your life.

Every decision you make today regardless of how large or how small will determine what tomorrow has in store for you. Make choices of value and you will see fulfillment and significance in your future. When you begin to realize your entire life is determined by choices you make, then you will begin to realize how important it is to make whatever changes you need to do be a wise decision-maker. No one can make this decision for you. No one can force you to take a better road and no one can keep you off that road. It is a choice and the choice is yours. You must start today to become the person you want to be tomorrow.

A popular saying finds its roots in Galatians 6:7: "A man reaps what he sows." Often this is taken negatively, a warning against doing bad things. But it can also be for good. You can make choices that benefit and inspire people around you. Every good thing you do will show up at some point down the road to bless the lives of others. Your decisions may change lives and save souls, by being a witness for Christ. The act of making choices is a huge responsibility: How will you do your best to make choices of value in your life?

## Questions and Scripture:

1. Think of an example in history of a bad choice, either made by a ruler or a government. What was achieved? Who benefited? Who was hurt? What was the cost? How would history be different if the choice had been wiser?
2. Look up the following: 1 Corinthians 15:33; Proverbs 13:20; Proverbs 22:24-25. Who do you believe is a true friend in your life? Who is not? How can you limit their influence in your life?
3. What does Matthew 7:13-14 tell you about choices? How does that relate to peer pressure?
4. Read 1 John 1:9. Is there something on your heart you are ashamed of? Stop what you're doing and ask forgiveness right now. Ask God to transform your mind and lead you away from doing it again. And mean it.
5. Read Proverbs 16:9. What is something you want and are trying to figure out how to get? How will you allow God to guide you? How will you react if it's not what He has planned for you?

*Julie Elias*  
*MUSIC*  
MUSIC

Write to Julie:  
PO Box 1226, Grapevine, TX 76099

[teens@julieliasmusic.com](mailto:teens@julieliasmusic.com)

Connect with Julie on Facebook and Twitter!  
[www.facebook.com/julieliasmusic](http://www.facebook.com/julieliasmusic)  
[www.twitter.com/julieliasmusic](http://www.twitter.com/julieliasmusic)