

**BIG IDEA:** Life is full of decisions and Jesus holds all the answers.

**KEY VERSE:** This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life. (**Deuteronomy 30:19**)

## SUMMARY

Our lives are full of decisions to be made about work, family, finances, free time, what and where to eat – it can be exhausting. We can reach decision fatigue, defined as: I've decided I'm too tired to decide. If we've reached the point where we can't make the simpler decisions in life, how are we going to make decisions about our destiny? The chaos of life has tried to steal our decision-making power. We can take back our power to choose!

## HOW TO MAKE DECISIONS FOR LIFE

### 1. Ask God

God is really good at making decisions – He is the creator of the universe and everything in it! As our good Father, He wants us to come to Him with all our decisions. He gives us a higher perspective, He gives of His wisdom generously, He doesn't blame us for what we don't know, and He promises that we will receive His wisdom when we ask (**James 1:5**). There are ungodly beliefs that can keep us from bringing our decisions to God: our small decisions don't matter to God – they do (**Matthew 10:29-31**); we don't hear God's voice – we do (**John 8:47**); we're afraid of what He might say – He has the best for us (**Psalms 32:8**).

*When have you taken a decision to God and experienced a James 1:5 response? What can you take to God this week?*

### 2. Ask Others

We tend not to ask others because we're independent, self-sufficient, strong, and impatient. We don't want advice from others, we want their approval. We need to stop buying into the lie of self-sufficiency – we need godly, healthy people to help us make decisions. There is safety in involving others in our decision making (**Proverbs 11:14**). Sometimes the questions we ask reveal the decisions we've already made and we have an opportunity to humbly restate our questions to invite advice in from others.

*Talk about a time when advice from a godly friend helped you live God's best for your life. What decision are you facing that you can invite advice from a godly friend?*

### 3. Find Life in the Decisions God Has Made

We can be at peace and find freedom when we align our decisions with those that God has already made for us. Think of the Ten Commandments as representing a way to live that is God's best for us. God has defined safe boundaries for us where we can live in freedom (**Psalms 16:6**) and walk in our purpose. When we step out of these boundaries, we face decisions God never intended us to make. Bad decisions do not define us; we are one step away from choosing life and allowing Jesus to walk us out of the consequences of those decisions (**Isaiah 30:21**).

*Share with your group an area in your life where you have lived (or are living) outside of God's safe boundaries. How have you seen Jesus walk you out of the consequences of bad decisions and show you more of who you are, who He is, and what you were created to do?*

**Other Scriptures (Deuteronomy 30:19-20, John 1:12, Ephesians 5:21, Deuteronomy 30:11-14, John 14:6)**