

Addressing Our Stressing – Part 2 - Stressing Over the Decisions of Life - Selected

Opening Words: Please write down a decision you are stressing over: _____

Why do the decisions of life cause us so much stress?

- A. Because we are afraid of making a wrong decision
- B. Because we are afraid of messing up our happiness
- C. Because we are afraid of what God might ask us to do
- D. Because we are afraid of what others may think
- E. Because we are afraid of missing God's will

How can we manage the stress of the decisions of life?

Psalm 25:14 (ESV)

A. By understanding certain Biblical principles for decision-making

1. God doesn't reveal _____ just what I need to know – *Deuteronomy 29:29* - *The secret things belong to the LORD our God, but the things that are revealed belong to us and to our children forever, that we may do all the words of this law.*

2. God has the _____, even when I make plans – *Proverbs 16:9* - *The heart of man plans his way, but the LORD establishes his steps*

3. God wants me to choose the _____ He can offer – *Philippians 1:9-11* - *And it is my prayer that your love may abound more and more, with knowledge and all discernment, ¹⁰ so that you may approve what is excellent, and so be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.*

4. God promises to _____ me with His counsel – *Psalm 73:23-24* - *Nevertheless, I am continually with you; you hold my right hand. You guide me with your counsel, and afterward you will receive me to glory*

5. God doesn't withhold the _____ from the upright – *Psalm 84:11* - *For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.*

How do these principles relate to this decision? _____

B. By understanding how most of us make decisions

1. Through our _____ – My heart tells me
2. Through our _____ – My wallet tells me
3. Through our _____ – My mind tells me
4. Through our _____ – Chance tells me
5. Through our _____ – Signs tell me
6. Through our _____ – Everybody and everything tell me
7. Through our _____ – My peers tell me
8. Through our _____ – My circumstances tell me
9. Through our _____ – My phobias tell me
10. Through our _____ – My wishes & dreams tell me

Which if these am I using to make this decision _____

C. By learning how not to make a decision - *Joshua 9:8-16*

1. Hearing what we wanted to _____ – *Joshua 9:9-10* - *They said to him, "From a very distant country your servants have come, because of the name of the LORD your God. For we have heard a report of him, and all that he did in Egypt, ¹⁰ and all that he did to the two kings of the Amorites who were beyond the Jordan, to Sihon the king of Heshbon, and to Og king of Bashan, who lived in Ashtaroth.*

2. Relying only on our five _____ - *Joshua 9:11-13* - *So our elders and all the inhabitants of our country said to us, "Take provisions in your hand for the journey and go to meet them and say to them, "We are your servants. Come now, make a covenant with us."'".....*

¹² Here is our bread. It was still warm when we took it from our houses as our food for the journey on the day we set out to come to you, but now, behold, it is dry and crumbly. ¹³ These wineskins were new when we filled them, and behold, they have burst. And these garments and sandals of ours are worn out from the very long journey.”

3. Not _____ to God about it before the fact - **Joshua 9:14** - So the men took some of their provisions, but did not ask counsel from the LORD.

4. Being in a _____ to make a decision - **Joshua 9:15 -16** - And Joshua made peace with them and made a covenant with them, to let them live, and the leaders of the congregation swore to them. At the end of three days after they had made a covenant with them, they heard that they were their neighbors and that they lived among them.

Are any of these factors true of me in making this decision? _____

D. By being spiritually prepared to make great decisions

1. Through developing a _____ with God – **Hosea 6:6**
2. Through becoming _____ with God’s Word – **Colossians 3:16**
3. Through being _____ with God’s Spirit – **Ephesians 5:17-18**
4. Through _____ on pleasing God – **Psalms 37:4 & 2 Cor. 5:9**
5. Through living by _____ - **Romans 14:23 & Philippians 4:6-7**

In what ways am I not prepared to make a great decision? _____

How can we make stress-less decisions of life?

- A. Put the decision on paper to bring clarity - _____
- B. Put the decision before God to come to surrender – _____
- C. Put the decision into God’s Word to find guidance – _____
- D. Put the decision through the wise to gain wisdom – _____



Stressing Over the Decisions of Life
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