



STEPS IN MAKING A DECISION

Often the only way we can lessen the stress in our life is to make a conscious decision. It may be a decision to slow down or set priorities so we don't continue to make everything of equal importance. It may be a decision to change our attitude or our job. Perhaps the decision is to re-evaluate our expectations. For some people it might be a decision to move or a decision about losing weight. It may be any number of things.

If you have identified some issues for which you need to make decisions, here are 6 steps to help you through the process:

(1) **QUIET TIME.** Most of us know the truth and most of us know the answers. What we need to do is be quiet and listen. Stop and think. Listen to your inner self.

(2) **JOURNAL.** Each day, write about the issue you are trying to clarify. How do you really feel about it? Is it a real issue, or have you created an issue? What is going on? What can you do about it? Make a list of your options. Anytime you write about something it becomes clearer to you.

(3) **CONSULT WITH WISE PEOPLE.** This does not mean to be mindless or to automatically assume when somebody tells you something that they are right. Rather, it means to get input from other people. If you think they have some insights to share, seek

them out, put their input in your mind, think about it, journal about it, be quiet, and the truth will reveal itself.

(4) **PRAY.** Ask God to give you wisdom and insights. You will find that in prayer it is not so much that an answer is given, but that your fear is taken away so you can recognize the answer you have known all along. Prayer changes no one as much as it changes ourselves.

(5) **MAKE A DECISION. ACCEPT THE CONSEQUENCES. DON'T LOOK BACK.** Your decision may be to postpone making a decision for a certain length of time. This is an acceptable decision. However, some decision needs to be made if there is ever going to be change.

(6) **ACT ON YOUR DECISION.** Outline the necessary program or practice which will enable you to get results from your decision. This may mean taking definite steps to change your life, your behavior, or your attitude. It may mean forgiving someone or asking for forgiveness, or some other course of action. As Ernie Larsen often says in his books and seminars: "If nothing changes, nothing changes." There's a lot of truth to that very simple statement. We are where we are because of what we have done. If we are not willing to do something new, there isn't going to be any change.



LORD, HELP US WITH THIS DECISION

Dear Lord, we have an important decision to make and neither of us seems to be able to determine what the right decision should be. We have taken the time to examine all the options and their consequences, and we still feel terribly confused and uncertain.

O Lord, don't let us go on floundering in this way. You promised that you would help us if only we would ask. You promised that you would always instruct us and direct us in the way we should go.

We believe in your promises, dear Lord, and we believe in your wisdom. You know what choice is best for us.

So guide us and show us the way, give us the strength, the confidence, and the wisdom we need not only to make the right decisions but to also have the ability to accept the decisions that are right.