

**MESSAGE NOTES**  
**Anxious for Nothing**  
**“When you just can’t decide”**  
**September 13, 2020**



*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7*

Why are we anxious when it comes to decisions?

1) We have too many \_\_\_\_\_

2) We're afraid of making a \_\_\_\_\_

*Acts 15:22 - Then it seemed good to the apostles and the elders, with the whole church, to choose men from among them to send to Antioch with Paul and Barnabas...*

*Acts 15:24-25 - “Since we have heard that some of our number to whom we gave no instruction have disturbed you with their words, unsettling your souls, 25 it seemed good to us, having become of one mind, to select men to send to you with our beloved Barnabas and Paul...*

*Acts 15:28 - “For it seemed good to the Holy Spirit and to us to lay upon you no greater burden than these essentials: 29 that you abstain from things sacrificed to idols and from blood and from things strangled and from fornication; if you keep yourselves free from such things, you will do well. Farewell.”*

“If you're around the wrong people, listening to the wrong voices, and living for the wrong values, what seems right will often be wrong.”

**The Key to making Anxiety-Free Decisions:** *“With a posture of prayer, and a perspective of praise, seek God and do what seems right.”*

## **TALK IT OVER**

- Do you like making split-second decisions, or do you prefer to think before you leap?
- Are there any simple decisions you have trouble making, like where to eat? Why do you think simple decisions sometimes seem so difficult?
- Decision-making can seem complicated because we have too many choices and we're afraid of making costly mistakes. Which one of these reasons resonates most with you? How does it affect you?
- Read Proverbs 14:12. Has there ever been a time you thought you made the right choice, only to later discover you were wrong? Why did you think you were right? What did you learn from that experience?
- In what ways could a posture of prayer and a perspective of praise prepare you for making a right choice?

## **THIS WEEK, THINK ABOUT**

- Are you facing a difficult decision? If so, how can you use prayer and praise to seek God and His will?
- Do you know anyone struggling with a hard decision? How can you encourage them this week?

## **PRAYER**

"Father, thank You for the reassurance that You're always taking care of us and working for our good. Help us to rest in the knowledge that You have everything under control, even when we have difficulty knowing what to do next. In the name of Jesus we pray, amen."