

READ

Ephesian 5:8-21, 1 King 3:9, Psalm 119:25, Hebrews 5:14

CONSIDER

Do you have or do you know anyone who has Decidophobia? Three years ago, I first encountered this term when my friend voiced her difficulty choosing what to eat in a restaurant. What is Decidophobia? According to the Healthy Journal, “The fear of making the wrong decision, or “Decidophobia” — a term coined by Princeton University philosopher Walter Kaufmann in his book *Without Guilt and Justice* — can affect people even when it comes to the smallest choices, such as what to have for lunch or what to wear.” Often, Decidophobia can lead to confusion and a high level of dependence on others to choose when there is more than one choice. As a result, people with Decidophobia often lack control over the direction of their lives.

Though we may not all have Decidophobia, we often find making decisions difficult. The reality is that we have too many choices available to us. Some decisions have minor consequences, while others may cost long-term responsibilities for our options.

Paul publicly taught the church of Ephesus how to be the Children of Light, Solomon asked God for one talent to be a better king, and King David prayed for the ability to be a better servant. All three have a common pursuit — the discerning gift to live a God-pleasing life on earth. If you are like Paul, Solomon and David and desire to discern life choices, I invite you to join me this Sunday to learn “Things that wise people do.”

Pastor Amy Yu

PRAYER

Dear God, may you prepare my heart, mind and soul to understand your will for me. Please open my eyes to see who you are. Give me the desire to discern right from wrong and a heart of obedience to do what honours your name. In Jesus' name, I pray, Amen.

DIVING DEEPER

1. What are the things that you do in secret? What makes you hesitant to reveal them to others? What would be the potential gain and loss if you reveal them? Would you trust God's blessing when you determine to be the Children of Light (Eph 5:8-13)?
2. “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is” (v.15-17). What is the difference between wise and unwise choices to you? Are there

any current issues that you feel are too overwhelming? How can you get help from the Christian community to discern to save you from making unwise choices?

3. The Word of God is so important when we practice spiritual discernment. Make God's Word and prayer time a habit in your daily schedule. If you have children or youths at home, the following questions may be helpful for you to practice community listening together as a family.

(Sun)	What did you hear from God or learn about God at church today?
(Mon)	What Scripture verse did God show you today? How did it affect you?
(Tue)	Share something you saw or did today that made you think of God.
(Wed)	What do you think God is teaching us as a family? Why?
(Thur)	How have you seen God helping someone in our family? Please share a story with us!
(Fri)	Share how you are struggling. How can you seek God's help with this situation?
(Sat)	What is one thing you learned about God this week? Share with us!