



# LESSON 5-1: Healthy Decision Making

## HEALTHY DECISION MAKING PROCESS

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*“Choices are the hinges of destiny.” - Edwin Markham, Poet*

*“Every decision you make determines the life you have.” - paraphrase of Andy Stanley*

### WELCOME & PRAYER

### KICK OFF QUESTIONS

- What process do you go through to make important decisions? How confident are you in your ability to make good decisions in the moment? What is your track record of making good/bad decisions?

### PRIMARY SCRIPTURES

“Trust the Lord with all your heart, ***do not depend on your own understanding***. Seek His will in all you do, and He will show you which path to take. Don’t be impressed with your own wisdom.” (Proverbs 3:5-7a NLT)

**Discussion Question:** Why do you think the Bible tells us not to depend on our own understanding? How does this differ from what our culture says?

### THE BIG PICTURE

- Decisions based on emotion lead to regrets.
- Decisions based on a thoughtful, rational process lead to a better life.

### CONCEPTS TO UNDERSTAND

**Every decision you make affects your life. Every decision.** You will have fewer regrets and a more satisfying life if you make good decisions. We make an average of 35,000 decisions per day with most being insignificant. However, the decisions we make (even small decisions) can drastically alter our destinies, careers, and families. Many times emotions and our environment affect our ability to make sound decisions rather than a process of rational thinking with a proper evaluation of alternatives. Having a defined process greatly increases the likelihood of making sound decisions. In this lesson series, we are going to evaluate decisions we make, both personally and professionally, to help you follow a process that will lead to better decisions and a more satisfying life.





## THE LOOK PROCESS

- **LOOK FORWARD:** *How will this decision affect your future?*
  - Why are you considering this?
  - List and evaluate all possible options.
  - What will the future look like 3-5 years down the road for each option?
  - What is the worst thing that could happen with each option?
  - What is the best thing that could happen?
  - How will this affect you and/or your family?
- **LOOK UP:** *What does God desire for you?*
  - Pray for God's direction.
  - Have the courage to follow through with what you hear from Him.
  - Are there ethical or moral dilemmas that should be considered?
- **LOOK BACKWARD:** *Would your past experiences tell you this is a wise decision?*
  - What past decisions have you made that relate to this issue?
  - What did you learn from those experiences?
  - Might one of these options cause you to repeat a previous mistake?
- **LOOK AROUND:** *Does wise counsel believe you are making a good decision?*
  - There is a big difference between counsel and **wise** counsel.
  - Who are the wise, experienced people in your life whose advice you can trust?
  - Have you given them permission to be honest with you?
- **LOOK INWARD:** *Do you have peace or tension with your decision?*
  - Are you paying attention to the tension or are you bulldozing through it in an attempt to get the outcome you want?
  - Are you confident you are making the best decision possible?

## Exercise

Complete the matrix exercise at the end of this lesson. Consider a decision you are currently facing or, alternatively, will face in the next few months. This could be a personal decision or professional decision. Save this matrix to use in the future.





## Discussion Questions

1. Can you think of a decision you made that you regret? Why did you make this decision? If you can, share the result of this decision. What would you do differently with what you know today?
2. How does the LOOK process compare to your normal decision making process? What is different and what is the same?
3. Do you normally make your decisions by feeling (impulse) or by rational thinking? Be honest! As an example, the last time you purchased a vehicle or a home, was it based more on emotion or rational thinking?
4. Which parts of the LOOK process do you typically ignore? Why?

## TAKE ACTION

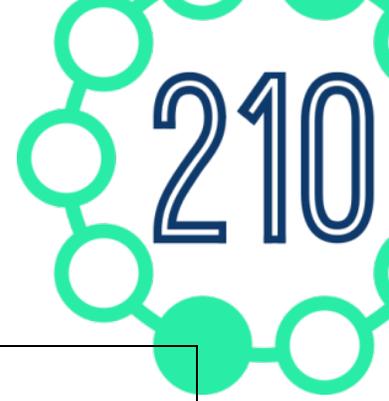
- Spend the next two weeks praying and seeking wise counsel to help you finalize your decision from the exercise above. Report back at the next meeting. (Make sure you get wise counsel!)

## CLOSING PRAYER

## ADDITIONAL RESOURCES

- Andy Stanley - Your Move - <http://yourmove.is/episode/ep1-really-1/>
- Andy Stanley - Your Move - <http://yourmove.is/episode/ep1-really-2/>
- Andy Stanley - Your Move - <http://yourmove.is/episode/ep1-really-3/>
- Andy Stanley - Your Move - <http://yourmove.is/episode/ep1-really-4/>
- Harvard Business Review - Leaders as Decision Architects, by John Beshears and Francesca Gino





## Decision Making Matrix - LOOK Process

Describe a future workplace decision:  List all possible options:	
LOOK Forward: How will this decision affect your future?	
LOOK Up: What does God desire for you?	
LOOK Backward: Would your past experiences tell you that this is a wise decision?	
LOOK Around: Does wise counsel believe you are making a good decision?	
LOOK Inward: Do you have peace or tension with your decision?	
What is your decision:	

