

## 1 Decision Fatigue

- Trusting God for Everything

## 2 Psalm 62

- Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. (Psa 62:5–6 NIV)
- My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. (Psa 62:7–8 NIV)
- Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath. (Psa 62:9 NIV)

## 3 Psalm 62

- Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them. (Psa 62:10 NIV)
- One thing God has spoken, two things have I heard: that you, O God, are strong, and that you, O Lord, are loving. Surely you will reward each person according to what he has done. (Psa 62:11–12 NIV)

## 4 Toilet Brushes

- Amazon sells 1,161 different kinds of toilet brushes.
- Not just 10 or 20 or even 500. One thousand ... 100 ... and 61.
- That's a lotta scrubbers.

## 5 Decision Fatigue

- Jane Porter discovered this when she spent an evening trying to choose one for the bathroom in her new apartment.
- "Nearly an hour later," she writes, "after having read countless contradictory reviews and pondering far too many choices, I felt grumpy and tired and simply gave up."
- She was suffering from decision fatigue.
- Fortunately, after a good night's sleep, she went out and "happily bought the only toilet brush the local dollar store offered."
- The one brush turned out to be the right brush.

## 6 Examples of Toilet Brushes

## 7 The Paradox of Choice

- According to Researcher Barry Schwartz and author of the book, The Paradox of Choice, Americans loves choices.

- Nevertheless, he says, too many options can exhaust us.
- In fact, they can make us unhappy and cause us to flee from making decisions.
- They can also create a situation where we experience what is called, “choice overload.”

## 8 **Complexity of Choices**

- The problem is not just the abundance of Toilet Brushes that can overwhelm us, but also in the area of choosing a career.
- It use to be that job careers were very limited.
- In fact, years ago a baker, carpenter, black smith, cooper, or farmer was all there was.
- And if you were a woman, housekeeping was all that there was too.
- But today, both men and woman can be anything from an attorney to a zoologist.

## 9 **Occupation Choices**

- In fact, there are now more than 2,100 occupations available today for our young people to choose from for their careers.
- Nevertheless, according to Barry Schwartz, as the number of options increase, the cost -- in time and effort -- of making good choices also increase.
- And, as we are presented with more and more choices, the level of uncertainty we have about our final choice rises.
- The more choices we have, the more anxiety we feel about someday regretting the choice we have made.

## 10 **Jam Study**

- In a famous jam study in Palo Alto, two tasting booths were set up in a grocery store.
- One contained six flavors of jam and the other contained 24 flavors of jam.
- People were six times more likely to buy a jar of jam if they saw six than if they saw 24.
- Too many choices can be paralyzing.

## 11 **Yakov Smirnoff**

- On my first shopping trip, I saw powdered milk -- you just add water, you get milk.
- Then I saw powdered orange juice -- you just add water and you get orange juice.
- And then I saw baby powder, and I thought to myself, 'What a country!'

## 12 **Too Many Options**

- From toilet brushes to jams to careers, we have a lot of options these days.

- And such seemingly endless options can lead to uncertainty, anxiety and decision fatigue.
- As the old saying goes, "A man with a watch knows what time it is. A man with two watches is never sure."
- Too many options can be too much of a good thing.

### 13 **Best Path Forward**

- So what is the best path forward, one that will help us to be happy and decisive and free of fatigue?
- Psalm 62, a song of trust in God alone, gives us three words of advice: Wait, pray and obey.
- And if we obey, says the psalm-writer, then God will repay.
- When exhausted by excessive choices, the Lord provides a path to rest and peace.

### 14 **First - Wait on God**

- The writer of Psalm 62 is not in a rush to make big decisions.
- Instead, he says, "For God alone my soul waits in silence, for my hope is from him" (v. 5).
- So often we feel pressure to make choices quickly, whether we are rushing to declare a major in college, or jumping at the first job that's offered to us.
- But when the choices are serious, we almost always have time to wait.

### 15 **First - Wait on God**

- According to the Apostle James, when we are going through a trial and we need God's help in knowing what to do, we should pray and ask God.
- If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. (James 1:5–6 NIV)

### 16 **First - Wait on God**

- The point here is that the Lord is always generous in giving us wisdom, but in order for us to receive this wisdom, we must be patient and wait upon Him.
- With this in view, we should not doubt and complain, grumble, or whine about our circumstances, for if we do we might so grieve the Holy Spirit with our double-minded faith that God's faithfulness is frustrated.

### 17 **Wait Patiently**

- This is what waiting on God is all about. It is about us showing patience as we wait for God to answer our prayers.
- So instead of fretting, which often leads to us saying and doing things that we later regret, we wait upon God.
- Be still before the LORD and wait patiently for him; do not fret . . . Refrain from anger and turn from wrath; do not fret — it leads only to evil. (Psa 37:7–8 NIV)

- Therefore, when we going through trials and we need God's wisdom in what to do, let us wait patiently for the answer for it will surely come.

## 18 **Benefits of Waiting**

- Another benefit to waiting is that it can actually help us filter out those things that are not important or conflict with our Christian values and potentially lead us in the wrong direction.
- If the proposed option doesn't line up with our understanding of God's will for our life, scratch it off!
- In other words, we never want to make a major decision when we're angry, frustrated, hurt, or mad.
- In fact, people who base their decisions on their emotions will usually make the wrong decision and pierce themselves with many griefs.

## 19 **When in Doubt?**

- Also, when we're in doubt on what to do about a situation make sure your decisions include adherence to the word of God and the teachings of Christ.
- Sheena Iyengar, a professor of business at Columbia University, has studied the relationship between choice and religion.
- In particular, she has looked at whether having a lot of choices makes you happy.

## 20 **When in Doubt?**

- She started her investigation by asking a psychology professor the question, "Wouldn't people of more fundamentalist faiths become more depressed because they have so many more rules imposed upon them and so much less choice and control over their lives?"
- What she found out was no!
- She found out that people who have guidelines and come from more fundamentalist faiths were much happier than those who don't.
- In fact, it was liberals who were most depressed.

## 21 **Benefit of Clear Boundaries**

- The point being made here is that, when you have clear boundaries and constraints -- whatever your persuasions -- you're more likely to be at peace with yourself.
- So one of the keys to happiness is to obey the laws of God and the teachings of Jesus.
- You will have fewer choices, but you'll end up with a feeling of more control over your life.

## 22 **Anxiousness**

- If the truth be known, most of us are ruled by our feelings and base many of our decisions on our emotions and moods.
- Our society doesn't really help that much because life is not only full of challenges, but we have a sundry of voices telling us what to do.
- This is why I believe we need to [seek and] wait for the LORD and keep his way (Psa 37:34 NIV).
- As the psalmist says, I wait for the LORD, my soul waits, and in his word I put my hope. My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. (Psa 130:5–6 NIV)

### 23 **Anxiousness**

- The Bible says, an anxious heart weighs a man down. (Prov 12:25 NIV)
- According to the Epistle to the Philippians, we are told not to be anxious about anything.
- So the question then is how do we avoid becoming anxiousness?
- The answer is found also in Philippians, but in everything, by prayer and petition, with thanksgiving, present your requests to God (Phil 4:6 NIV)

### 24 **Result of Trusting God**

- When we do, . . . the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phil 4:7 NIV)
- I'm not sure if you notice this, but the peace has nothing to do with God answering our prayers.
- It is the result of us taking our cares to the Lord in prayer.
- This is huge because when we are filled with peace, we can wait upon the Lord and not frustrate our prayers being answered.

### 25 **The God of Peace**

- Again, life is complicated and frustrating.
- It can make us very anxious and cause us to fret and say and do things we wish we hadn't.
- But if we at least take our cares to the Lord, we will have peace, which is the antidote of all anxiousness.
- So let us take our cares to the Lord and receive the peace that transcends all understanding.
- Let us also, focus our thoughts on whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. Because when we do this the God of peace will be with us. [See Phil. 4:8-9]

### 26 **Conclusion**

- The source of our contentment is not everything going our way or having an effortless life.
- It is finding the peace of God that comes through prayer and casting our cares upon the shoulder of Him who can carry our problems.

- So then, let us not fret over our problems or worry about making the right decision that will give a perfect life.
- Instead, let us seek the Lord, trust His word, and wait upon him.

## 27 **What a Friend we have in Jesus**

- What a friend we have in Jesus,  
All our sins and griefs to bear!
- What a privilege to carry  
Everything to God in prayer!
- Oh, what peace we often forfeit,  
Oh, what needless pain we bear,
- All because we do not carry  
Everything to God in prayer!