

# REST FOR THE STRESSED-4

God's Antidote For Indecision

"He guides me in the right paths, as he has promised."  
- Psalm 23:3

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."  
- Proverbs 3:5-6

"If you want to know what God wants you to do, ask him, and he will gladly tell you, for he is always ready to give a bountiful supply of wisdom to all who ask him; he will not resent it."  
-James 1:5, *Living Bible*

Life is a series of choices, and success is basically a matter of making wise decisions. Since every decision has a consequence, decision-making can be very stressful at times. The way to avoid undue stress is to let God guide you. The Good Shepherd not only provides; He also guides. He says, "I'll guide you through this life if you trust me."

## Welcome

*What is the best story you recall about being lost? Did you stop and ask for directions? Share the details!*

## Worship

Use the ice-breaker and introduction to this study as you enter into a time of worship. The following are songs about Jesus' leadership in our lives: "Lord, Be There" (413), "Seek Ye First" (555), "Savior, Like a Shepherd Lead Us" (391), Jesus, Hold My Hand" (412), "Anywhere With Jesus" (414).

## Word

**Read Psalm 23**--emphasizing verse 3.

1. Which do you find more difficult--learning God's will, or living it? Explain. Do you ever struggle with trusting that God will lead you down the right path?
2. **Read James 1:5-8.** According to this passage, what attitudes and actions are needed in order for you to allow God to guide you in the right path? How does God promise to respond?
3. Do you struggle with "double-mindedness"-- that is, seeking wisdom from God, while at the same time not being certain you would follow God's direction even if you received it? Explain.
4. How has your life been affected by the stress that comes from being pulled in two different directions? Has God had to do anything lately to set you back on the right path?
5. In what area of your life do you need God's leading right now?

## Works

God wants to guide us more often than we care to be guided. *What is the Lord telling you about His leadership and guidance in your life? How will this impact your life this coming week?*