



## Bible Study

Wednesday, April 27, 2022

### The Stressless Life

(Based on the book by Vance Pitman)

Stress steals our joy, interrupts our sleep, affects our relationships, and wears us down. We cannot escape the realities and relationships that cause stress, so we must find ways to deal with it.

### How Do I Find God's Peace In My Decision-Making?

#### I. Consequences of Making Bad Decisions

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|---|------------------------|
| 1. People get hurt.                       | <i>Proverbs 11:14a</i> |
| 2. Relationships are broken.              | <i>Proverbs 13:10a</i> |
| 3. We experience unintended consequences. | <i>Proverbs 13:20b</i> |
| 4. We damage our character.               | <i>Proverbs 14:16b</i> |
| 5. We lose sight of proper boundaries.    | <i>Proverbs 29:18a</i> |

#### II. The Difference Wisdom Makes In Making Decisions

1. *Proverbs 11:14, 13:10, 13:20, 14:16, 29:18*

#### III. How Do We Get Wisdom In Order To Make Wise Decisions?

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| 1. Saturating ourselves in God's Word. | <i>Proverbs 6:20-23</i> |
| 2. Seek wise counsel.                  | <i>Psalms 73:24</i>     |
| 3. Obey God's Word.                    | <i>James 1:22-25</i>    |

#### IV. Rewards For Obeying God's Word

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|--|------------------------|
| 1. God's <u>Word</u> will show us the right way to go.         | <i>Psalms 119:105</i>  |
| 2. God's <u>Word</u> will correct us when we go the wrong way. | <i>Psalms 119:9-11</i> |

#### V. Three Ways To Seek Godly Counsel:

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|---|-----------------------|
| 1. Establish relationships with godly people.                 | <i>Proverbs 13:20</i> |
| 2. Seek input from those relationships when making decisions. | <i>Proverbs 15:22</i> |
| 3. Do not hesitate to learn from godly people.                | <i>Proverbs 12:15</i> |

Brothers and Sisters, the key to finding peace in our decision-making is through God's Word and godly people.