

## Session 5: Peace in Decisions

Part of the Singleness and Discernment Series · By Ellen Fox

### I. Introduction: Peace Is Possible

Many singles wrestle with decision fatigue, “What if I get it wrong?” God does not lead us by confusion. Peace is not passivity; it’s evidence of walking in step with the Spirit.

Key Question: How can we learn to make decisions with clarity and confidence rather than doubt and dread?

### II. Scripture Reflection

1. 1. James 1:5-8 – Ask in faith, not doubting.

- Doubt divides our mind and paralyzes action.
  - Faith doesn't mean we always know the whole plan; it means we trust the One who does.
- Reflection: Where do I feel tossed between options? Have I asked for wisdom and believed God will answer?

2. 2. Isaiah 30:21 – God still speaks.

- You will hear a voice behind you saying, “This is the way.”
- His guidance often comes in stillness, through His Word, and in alignment with His character.

Reflection: Am I listening for God’s voice or waiting for a sign?

3. 3. Colossians 3:15 – Let peace rule.

- “Rule” = act as an umpire; peace calls the shots.
- When a decision disrupts spiritual peace, pause and pray.

Reflection: Do I have peace about this decision? If not, what may be out of alignment?

### III. Discernment vs. Indecision

Discernment leads to confidence. Indecision often stems from fear or the desire to be perfect.

God invites us into partnership, not performance.

Don’t confuse Spirit-led caution with fear-based paralysis.

Indecision (Fear-Based)	Discernment (Faith-Based)
Confusion	Clarity over time
Delay for perfection	Deliberate, prayerful pace
Paralysis	Peaceful movement
Seeking signs	Listening for Scripture & Spirit

#### IV. Application Questions

- What current decision feels overwhelming?
- Have you brought it before God in faith, or are you doubting His response?
- Are you more afraid of making the wrong choice, or missing God's direction?
- Where do you sense peace, and where do you feel unrest?

#### V. Action Steps

- Ask for wisdom out loud. Pray James 1:5 over your situation daily.
- Journal your impressions during prayer. What is God highlighting?
- Write down any inner unrest and compare it with Scripture.
- Talk it through with a spiritually mature mentor or friend.
- Choose one decision this week to move forward in faith, not fear.

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