

You Should Decide Once

One of the wonderfully fascinating facts I learnt when I was doing my wool classing training many years ago was this: Go with your first decision. I found that when making a decision and mulling it over, trying to pick it apart and work out the pros and cons, it only made me confused and usually produced a less than ideal outcome.

I've discovered the same is best in the Kingdom. When I make a decision with consultation with the Spirit, I should stick to it as the outcomes are the best. Be that as it may, I still keep listening – rather than mulling it over – anticipating anything the Spirit may say about the decision, even his instruction to cancel it.

What I also find is that over-thinking a decision is a recipe for doubt and stress, as I try to second-guess the outcome. The occasions I've done this have taken me away from my trust that Father and my King have everything under control, no matter what faulty decision I may make. No faith takes place in those situations.

A recent editorial adds to this, which makes interesting reading. Here's the introduction:

“One of the biggest struggles for over-thinkers like myself is that we make a decision and then constantly revisit that decision over and over again in our heads.

This is counterproductive, of course, because it causes emotional frustration, increases self-doubt, and keeps you from taking action—which is the one source of feedback that is better than all the others.

So why do we do it to ourselves?

For one thing, we're afraid of making the wrong choice. The perfectionist inside all of us wants to get things right the first time, and we think that with enough upfront planning, we can eliminate all risk.

Another reason is habit. It's just something we let our minds do when we're not occupied by something else. We ruminate, ponder, and re-hash the same problem from another angle. There's certainly a time and place for this, but for most decisions in life, it's far better to just decide once and stick with it.”¹

READ: “You Should Decide Once” www.theepochtimes.com/health/you-should-decide-once-5536136

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