

When You're Afraid You'll Choose Wrong

A quiet place to notice what the fear is doing inside you and bring it honestly to God.

Today's Scripture - James 1:5

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.

Before you try to solve anything...

Take a few minutes to set the problem-solving part of your mind aside. You do not have to decide anything on these pages. This reflection is about the fear underneath the situation: what it is saying, what it is asking you to believe, and where God may be inviting you to trust Him.

BEGIN HERE

Sit quietly for a moment. Let your shoulders relax. Name the situation before God without trying to explain or fix it. Then pray: 'God, I am here. You already know what I am carrying. Help me be honest with You and with myself.'

You are allowed to come to God before you have the answer.

What Is the Fear Saying?

Sometimes the decision is only part of the struggle. The fear around it may be telling a much bigger story.

When I imagine choosing wrong, what am I afraid would happen?

Do not edit your answer. Write the fear as plainly as you can.

If that happened, what would I be tempted to believe about myself?

What would I be tempted to believe about God?

Fear often speaks in absolutes. Naming it helps you hear it more clearly.



Remember Who God Has Been

Before you ask God to show you what comes next, remember the ways He has already met you.

Think of a time when you did not know how something would turn out. How did God meet you in that season?

What did that experience teach you about God's character?

Which truth about God do you most need to remember in this situation?

For example: He is generous with wisdom. He is patient. He is present. He is not threatened by my uncertainty.

The goal of remembering is not to predict what God will do next.

It is to remember who He is while you wait, pray, and discern.

Release the Need to Know Everything

Uncertainty can make us feel as though peace will come only after we know the outcome. What if peace can begin earlier?

Finish these sentences slowly:

I keep wishing God would tell me...

The part I most want to control is...

If I did not have to know the outcome, I might feel free to...

What I can place in God's hands today is...

What would trusting God look like before you know what happens?

Stay with trust rather than strategy. This is not asking what you should decide; it is asking how you want to walk with God while you discern.



What I Want to Say to God

Use this final page as prayer, not homework. Write honestly. There is nothing you need to make sound spiritual.

God, here is what I want You to know about what I am carrying...

CARRY THIS WITH YOU

Not knowing does not mean God has left you alone.

Lord, I do not know everything I wish I knew. Give me wisdom, quiet the fear that makes me demand certainty, and help me trust Your character while I wait for clarity. Amen.

For today, let wisdom begin with trust.

