

JUNE 25 & JULY 2, 2026

Decision Fatigue and the Will of God

Session 2 — A Mind Renewed for Great Decision Making

THE REAL PRESSURE

You spent some time thinking about the voices that influence you. The big question is always: how do you know if you are making the right decisions? Business people face thousands of decisions every day — most seem small and insignificant, but there are peak mental moments during the day when we are at our best. Those moments can easily get filled with administrative and communication tasks.

The bigger question is: how do we know if our decisions line up with the abundant life Jesus promised? We know those decisions also affect others. Romans 12:1–2 from last week points out the pressures and voices working to shape our thinking — calling it “being conformed” — and gives us the antidote: being fully surrendered to God, treating our whole lives, even our work, as a living sacrifice.

Do you take time each day to start with moments of surrender to God? That heart posture goes a long way toward syncing up with what God has in mind for you.

CONFORMED VS. TRANSFORMED

Do not be conformed to the image of this world, but be transformed by the renewal of your mind...

Romans 12:2a (ESV)

Being transformed is the opposite of being conformed. Conformed means the voices around us shape us into the image they intend. Transformed means we are changing into something brand new.

Transformed: an ongoing metamorphosis that transfigures you into something brand new

This is the path to the kind of abundant life Jesus promised — and the path to confidence in the decisions you make. When the Bible says “mind,” it refers not just to intellect but to our attitude, feelings, judgment, and way of thinking. Great decisions and confidence come from keeping that center of our lives in a regular renewal pattern.

THE MAINTENANCE PRINCIPLE

Think of it like car maintenance. We aren’t supposed to drive our vehicle until it breaks — there’s a preventative schedule: oil changes, tire rotation, and so on. The difference is that cars don’t get better with maintenance, but as we are renewed in Christ, we become more fully human and spiritually stronger.

Some entrepreneurs run their thinking, deciding, and feeling capacity until it breaks — grinding until something gives. They become spiritually weary, and then all the voices around them push them in directions that don’t lead where they want to go.

THREE SOURCES OF RENEWAL

Here are three verses that speak to how we can have our minds renewed. Take a minute and read each one in full:

- **Titus 3:5** — Renewal by the Holy Spirit
- **Ephesians 5:26** — Renewal by being washed with God’s Word
- **Hebrews 10:24–25** — Encouragement from other believers toward doing the right things

ASK YOURSELF

- 1** Where are the times in your day and week when you make space for these three sources of renewal?
- 2** Do you need to refresh the rhythm of time spent letting the Holy Spirit apply God’s Word to you?
- 3** Are you getting regular encouragement from other believers? Where and when does that happen for you?
- 4** What is one practical change you could make this week to protect your peak decision-making hours?

Next session: How being surrendered and renewed leads to great decision-making.