

## KIDS AND DECISION MAKING

June 10, 2023

Do you ever have decision fatigue? You know, the mental overload that ensues with the constant decisions you have to make for yourself and your loved ones. Decisions like, “What are we doing today?” “When can you buy me this?” And ... “What’s for dinner?” (I can’t stand that last one.) Sometimes, I just want to yell, “ENOUGH!”

So, how can I pull myself together and make the best decisions in each moment?



Solomon, the wise king, asked this question when he began his reign. As seen in the Bible reading and kids devotional, Solomon answered this question by asking for two qualities: wisdom and discernment. Solomon knew that there was no way he could handle his responsibilities without God’s wisdom and guidance. The same holds true for you and me. How do we know what God wants us to do right now? How do we help our kids with their own decision making?

**ASK**—All we have to do is ask in prayer, and God will give us the wisdom that we need. (James 1:5)

Make a list of decisions that need to be made. Have your child do the same. Ask God to give you both wisdom on what to do with each choice on your list. Try to keep a journal to assess the short-term and long-term outcomes of the decisions made so you can learn and grow in wisdom together.

**BELIEVE**—Trust that God wants you to make the right choices just as much as you do. His Holy Spirit will guide you. If you make the wrong decision, rest assured that God can and will work all things together for your good and his glory (Romans 8:28).

Pray with your children, even if the prayer is as simple as “Father God, I want to believe in you. Please help me to believe in you” (Mark 9:24). Share your testimony about what made you put your faith in Christ. Help your child write and practice sharing their own testimony with family members and friends.

**STUDY**—“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work” (2 Timothy 3:16-17).

God speaks wisdom through his Word, so—daily or weekly—devote time to read and discuss a Bible verse with your child so you can fuel your faith together and be “thoroughly equipped for every good work.”

**SEEK AND RECEIVE**—Because Solomon sought wisdom to serve others well, God gave Solomon that and so much more. He will do the same thing for you (Matthew 6:33).

Go around the table each day, and ask each person to share “one good thing about today.” Talk about how God has blessed your family that day. Play a game of “Seek and Find” where your child has to search for hidden “treasures” with a biblical truth attached to it. For instance, you can hide a candy heart with a note that says, “God is love.” Or you can seek God’s kingdom by having a “Praise Party.” Play worship music and sing along in the car or while cooking dinner. When you put on the garment of praise (Isaiah 61:3), you put yourself in a position to receive God’s peace and joy!

Remember, you are not alone and every decision does not rest on your shoulders alone either. God is with you. With his help, you will know exactly what activities to put on your schedule, who you need to serve, and even... WHAT to serve for dinner!

Want to do a deep dive? Check out Family Fire's article [Helping Our Children Mature](#)

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