**Shelby and Krystal Intro 2022:** [00:00:00] Welcome to daily grace. We believe the Bible is true, trustworthy and timeless, and we want to help women like, you know, and love God's word. The Bible shows us who God is and who he is, changes everything. My name is Shelby and I'm crystal. And we want to invite you to come join us as we chat about the truth of God's word in our everyday lives.

**daily-grace-guest\_untitled-recording\_krystal\_-bx0j2r3n3\_2022-jun-27-2103pm-utc-riverside:** Today on the podcast. We are joined by Amy, Joseph, Amy lives in San Diego with her husband and three children.

And she is the author of the book. Demystifying decision making. This book is a practical, helpful tool for anyone who struggles to make decisions both big and small.

Our conversation focuses on how to make decisions in a biblical way while embracing the freedom we have in Christ. Even when [00:01:00] we regret our past decisions, come join us as we discuss how the gospel informs our decision making.

**Krystal:** Hey everybody And welcome back to the daily grace podcast This is Krystal and today we have a very special guest with us We have Aimee Joseph Thank you so much for being here

**Aimee:** thanks for having me It's a pleasure to be here

**Krystal:** We are so excited to have you on the podcast And we're excited to you for our listeners to hear from you cuz you have a book called demystifying decision making and it is incredibly helpful And I tend to think of decision making as just an abstract process without these like logical practical steps it can really be overwhelming When you have a big decision to make And so the way that you set it up in this book as a theological but also practical framework I just think is so helpful And so think a lot of our listeners are probably in that same position where they may have a decision they have to make today [00:02:00] It might be big like a job or a move a relationship or it might be something really small just an everyday decision So we are thrilled that you are here to talk with us about how to make decisions that honor and glorify God So to get us started Aimee just tell us a little bit about yourself and why you wrote this book

**Aimee:** For sure So my husband and I live in San Diego California with our three boys So we have a nine year old a 14 year old and a 15 year old boy And we have housemates that live in our casita downstairs Cuz when you live in San Diego You have to make interesting creative choices with housing so that you can pay your mortgage they're also boys and we have a boy dog so it is really fun to talk to a woman and to to be talking to women it's a gift So I love our lives We moved out here 11 years ago from South Carolina to start doing a college ministry called campus outreach on the west coast particularly at San Diego State [00:03:00] university point Loma Nazare university and U C S D And about six years into the process we realized man we really need healthy local churches close to one of our campuses One of our campuses has a great church and is thriving and the other campuses is struggling And so we started praying God Who do you want to plant this church and try to recruit our friends And then finally God was like no y'all are supposed to plant the church So we transitioned off of staff with that ministry and are now planting a church in our neighborhood with a couple other families So that's what we do it's been exciting and scary And then in my free time I love to write So this book was honestly the fruit of two decades of college ministry So after you know a couple five years You realize you're having the same conversation every week with a different student about decisions because college is such a significant decision making crossroads so whether it was which sorority or which fraternity or should I date this guy or what should my major be or should I go study abroad It was just [00:04:00] constant I don't know if this is God's will And so after having so many conversations my husband and I were like it would be really good to compile the best of The different resources that and experiences and tools and paradigms and anecdotes that we've seen and bring them together into a book And so thankfully Crossway and gospel coalition also saw that as a need and then as I started to write the book I realized oh my goodness this is for adults too we're making decisions every day all the time And just the realization that we're always either having just made a decision making a decision or About to make a decision And so the concept of becoming good decision makers before we get to a major crossroads and being ready kind of like learning to change a tire before you have a flat tire so that you're ready when it's time to change a flat tire was kind of one of the reasons for writing the book

**Krystal:** Hmm That's awesome So what do you think it is that makes decision making so hard and how does your book really speak to the struggle that we all face as we're [00:05:00] making those decisions

**Aimee:** Right Well it's one of those benefit slash challenges of living in the culture that we live in in the book I talk about my husband his parents were raised in Kerala India And so they didn't have nearly as many choices they were arranged in marriage It was assumed that you had married someone from a couple villages over If you were a woman you had a couple choices you could be a nurse you could be a teacher you could be a housewife And so their choices were limited And we when we're in our Western mindsets we hear that in our post postmodern mindsets and we think oh how disappointing They don't have choice The upside of choice is a lot of freedom And the downside of choice is overwhelming anxiety So Danish theologian Soren Kierkegaard back many many many hundreds of years ago said that anxiety is the dizziness of freedom So the downside of freedom is Anxiety It feels like dizziness And so one of the reasons we're overwhelmed by decisions is the sheer number of decisions we make every day I mean just counting going to the [00:06:00] grocery store just the cereal aisle just the cereal aisle alone I mean you have to choose organic not organic how many different boxes are there it's insane Even just Cheerios Even if you just narrowed it down to Cheerios you've got a lot of choices left And so we don't realize that the compounding effect of all of those decisions constantly And so there's a real Reality to decision making fatigue And so sometimes I think we're just exhausted especially as young mothers young women making decisions all day I just get to a point where I'm like I can't even make another decision Like you decide for me I will eat whatever you give me It could be pigs feet and I will eat it I just don't wanna decide about it so I think that's one of the reasons decision making is hard I think another is You can kind of fall off in two ditches on one side you can overthink decisions You can get so stuck in your head and you're trying to extrapolate all these potential scenarios that could happen Well if we choose this then what about this And this and this and this or on the other side we can under think our decisions and just be like oh it [00:07:00] doesn't matter and our decisions shape us Just like we're shaping them they're shaping our lives And it's honestly the daily the decisions the decision to what's the first thing you do when you wake up in the morning do you check your phone or do you go to Lord and prayer those little decisions What do you do when you get in the car and you're all alone Do you turn up the music really loud or do you just take a minute to pray and to be with the Lord and be in silence what do you do with the 30 minutes that you have before you fall asleep what do you do in the car line while you're sitting there waiting for your children to come out of school Those little decisions are ones we don't think about but they're probably among the more shaping decisions we make right Are we giving God the little scraps of our time and trusting him to multiply them And so I think we can fall on either side and I think most of the time we're just frantically going back and forth from ditch to ditch overthinking under thinking overthinking under thinking so it's really hard to find a healthy balance of Taking our decision seriously but not overthinking every single thing we decide

**Krystal:** Mm I think it's hard too When we have a lot of Choices [00:08:00] that are good Becausewe want to have the really good choice and the really bad choice so we know that this is the right decision because it's the good choice But when we're faced with a lot of good honoring decisions it could almost be harder because we don't know how to discern what the next step is

**Aimee:** Yes Yes you know it's easy to say that between good and bad is easy but most of the decisions we make are good better best And I love what Paul says in Romans 12:1-2 he says therefore in view of God's mercy let you be living sacrifices holy and pleasing to the Lord This is your spiritual active worship And he says do not be conformed any longer to the patterns of this world But be transformed by the renewing of your mind that you may be able to test his good pleasing and perfect will And so if we're not in the word of God and if we're not walking in the spirit we're gonna have a really hard time discerning that thin line between good better best and especially as young women in our culture as moms in our culture I constantly feel like I'm being tugged in 2000 directions [00:09:00] There's 2,000 things I could be doing with this one hour nap time What is the best thing What is the most important thing What is the thing that God has for me to do today That question is constantly on the forefront because there's a ton like you said of really great choices I can make but what's the best one What's the as Jesus talks to Mary and Martha what's the one thing needful in this hour for me to do So yeah I just think that line between good better or best is really tricky And most of our decisions kind of land in that category

**Krystal:** Mm Yeah And you've kind of already touched on this a little bit but I think when we think about making decisions we often think about just God's sovereignty And so when we think about God being sovereign that often hinders us or can paralyze us because we think well Do my decisions really matter because ultimately God's gonna do what he's gonna do or like you mentioned in your book become so hyper focused that we want to figure out what is his will what is his providential care And so we're going to figure that out and that's what we're going to [00:10:00] do So can you just speak a little bit to that and how does God's sovereignty factor into our decision making

**Aimee:** Yeah I love that because that's really one of the big issues we have when it comes to decision making If you peel back our struggle and what freezes us up it's usually you get back to the point of does this decision matter do I really make this decision or if God's gonna do it are we just pawns Are we just chest pieces that are moved around and I'm really helped by Charles Spurgeon a member of his congregation came up to him one time about this Paradox this mystery of God is sovereign controlling all things quirks and quiet times and babies and all the beautiful flowers of the earth he's providentially caring for all of those things and moving them in a direction So that's what we mean when we say God is sovereign and yet man is responsible That means that He has created mankind in his image And we are responsible moral agents which means we will be held accountable for the choices we make and our choices really matter And we really are making choices when we make a choice today I have a decision to make And so ch [00:11:00] Spurgeon a congregant came up to him an older lady and just said Dr Spurgeon How do you reconcile God's sovereignty and man's responsibility And he just giggled and said oh I never reconcile friends We don't have to reconcile them They are friends they coexist and most of the Christian life is mystery And so Tozier says that what we do when we bump into a mystery is before we try to solve it and figure it out we should fall to our knees in worship and say God you are bigger You are bigger than we are Our finite minds cannot comprehend your infiniteness and our limited we live inside of time and space bodies We cannot comprehend how at the same time you are sovereign and you know exactly what's going to happen and your steering all creation And my decisions are my decisions and they matter And so rather than trying to solve the mystery of God's sovereignty and man's responsibility which no one has been able to do because it's not a solvable mystery maybe in heaven we'll understand We need to just Appreciate it receive it and live in light of it And so another [00:12:00] Tozier quote that helps me I'm flapping my wings You can't see me if you're on the radio but Tozier talks about how a bird has two wings And if you only flap one wing you don't get very far And so if you only flap God is sovereign So here's an example of that Well God is sovereign If he wants me to get a job he's gonna give me a job So I don't need to do networking and I don't need to fill out the applications and the interviews And I don't need to work on my resume God is sovereign If he has a job for me he's gonna give it to me That's flapping one wing Or I talk to people all the time that are on the other side I'm working hard I'm doing my resume I'm getting all my residency hours I'm doing all of those things and I'm frantically running around and networking You've forgotten God is sovereign right So you're over focusing on man's responsibility And so I think with decision making it's a both and it's not an either or and just ask yourself am I flopping both wings I do this all the time with my kids Okay I've done all that I can do to prepare them for X Y Z tryout or test or whatever it is I've done my part Now God's gonna do his part so it just helps us to remember we have to flap both sides of our wings to make [00:13:00] decisions and that both are true at the same time in a way that we cannot comprehend with our finite minds

**Krystal:** Mm what a great analogy too because if you're flapping one wing you're like going in a circle and it potentially just kind of you're not getting anywhere So I think that's a really great analogy for this and I'm sure With being involved in college ministry you're probably hearing a lot of what is God's will for my life That's usually like what is God's will am I gonna get married Am I gonna have this you know all these different things And again a lot of those do come back to that Good Better best but in terms of God's will I became a believer in college and I remember that was a big topic like oh what is God's will And then reading scripture and especially in places like first Thesalonians I was like guys did you know it actually says what God's will is it felt like this mystery And again there is an element that we're never gonna fully understand God at work in this way but As people and as women are asking that question what is God's will for my life what insights do you offer especially in the [00:14:00] book I know that's something you touch on heavily but how would you just speak to those that are really wrestling with God's will for their lives

**Aimee:** yeah I think it's really helpful And you reference it in Thessalonians that Paul says and you can imagine this is like a mic drop moment If they had mic drops you know like they're ready with their pencil and their skull Okay this is God's will for you And then he says your sanctification He says your sanctification And so God's will it's helpful to think about it in two different ways One is his revealed will and one is his secret will And so his revealed will for you is his word And it's very clear It is very clear there's far more in the scripture about what God cares about your decisions that you're making today like how you would live today than there is about your future because God is concerned about About you walking in faith walking in obedience being conformed to his image obeying the commands that you know today right Where he has you he says I'm gonna take care of the future You focus on that And so what we wanna do is say no I wanna focus on the future and ignore obedience in the present And so [00:15:00] God's revealed will is his word his word illuminated by the spirit of God and the indwelling spirit in us God's will for you is that you would be made like him that you would obey him that you would go and make disciples of every nation baptizing them teaching them all the commandments his will for you is that you would love your neighbor earnestly that you would show hospitality to the stranger that is God's will for you and then there's this secret will and that's a hidden will and that cannot be found out Until after it happens you only know God's secret will in the rear view mirror you can only know it looking backwards So you are spinning your wheels trying to understand his secret will now And I get this from Deuteronomy 29:29 Moses at the end of Deuteronomy is talking to his people and it's one of his last big speeches to his people He knows he is going to not go over with them into the promised land And he says the secret things belong to the Lord Our God But the revealed things belong to us and to our children that we might listen and obey them forever And he said you've got plenty of [00:16:00] obedience to deal with what you know you work on that and let God deal with the rest of it And so it's tempting to wanna pout a little bit when we make decisions and feel like there's so much we don't know And there is a lot we don't know but I would argue that scripturally there's more that we do know and there's plenty to obey today And trusting the future To the Lord and mother Teresa says this and I love it She talks about life being a call within a call within a call within a call And that obedience today sets us up for obedience tomorrow and the next good thing and the next good thing And so it really is Lord what are you calling me to do in this moment What are you calling me to do today How can I best obey your revealed word in this situation And then trusting him with his secret will And like you said when you realize that It's a game changer It's a it doesn't scratch the itch cuz we just wanna know the future We wanna know I wanna know how how many days I have on this earth I wanna know where my kids are gonna go to college and if they're gonna get sick and when they're gonna get sick and God says that's not for you to know And honestly [00:17:00] that's probably a burden we couldn't handle to Corrie ten Boom When she asked her father a question that he said you're not ready for that when do I give you your ticket And she said right before I get on the train so you're gonna trust the Lord He's gonna give you what you need as you need it as you go And as you walk in obedience And so that's a humble stance rather than a control stance And we don't like that So I think that's our struggle with decision making is we want control And God doesn't want control for us He wants trust He wants trust for us in decision and faith That's what he's after so oftentimes he sets up a really complicated situation so that we can have more of him and we can wrestle in prayer and make decisions in faith and in trust of his character and his word

**Krystal:** That's awesome you know we think it's these big moments in our lives that are gonna Affect us the most but it's really those everyday moments And for some reason it's hard for us to sit in the revealed will that we already have access to because all we wanna do is like you said spin our [00:18:00] wheels to learn Like what about that secret will what about that thing that I don't know it is God's kindness I think that he gives us his word He gives us that revealed will and he takes care of the things that I feel like it would overwhelm us to know even just The slightest bit of that secret will it really is his kindness cuz he knows we are finite creatures that can only handle so much And I think it's being able to recognize it's our dependence on him It's our dependence on what we already know to be true that we can walk in that obedience and trust him and thank him God thank you that we have what we need to step out in obedience We have all we need in life and godliness and we get to trust you with the rest And I think there's freedom in that that we often don't take advantage of cuz we want to know And I actually read aloud to my husband that portion in your chapter on the theological foundations for decisions and how we see his providential care in hindsight And I was like oh It's just so good And it's so true because we [00:19:00] often don't see it until we look back and we see oh we see God at work in those everyday decisions and moments and so I really appreciated that portion of your book and just being able to see his sovereignty and his Providence Rightly as we look at decisions

**Aimee:** and it's such a treat too Like I was telling some younger believers that the longer you walk with the Lord the longer your record of God's faithfulness And so you're able to look at God's past faithfulness and his past Providence And go I have no idea how you're gonna get us out of this conundrum But I know you are I know you will because you only have ever done so and so focusing on the character of God and even just that thought of he's merciful even in what he does not tell us he is merciful and kind to us that all of his ways towards us are steadfast love and faithfulness

**Krystal:** Hmm So one thing you talk about in the book is gathering pieces in preparation for making a decision and you kind of talk about it like a puzzle So can you just explain that a little bit in terms of making [00:20:00] decisions

**Aimee:** Yes I was a teacher for a year after I graduated and I did not like teaching it was not my best call and I was really just overwhelmed Graduating A lot of things were going on in my life I was about to get engaged and there was this precious older teacher Dr Wines And every day every week He'd see me in the copy room This was back then when we had copy rooms and a big old copy machine and probably trying to fix the machine that I somehow broke and he would ask me what did you learn this week about yourself And I'd say I didn't learn anything I didn't learn anything about myself This is so hard and he would say no decisions are easy It's gathering the pieces And once you have all the pieces it's like a puzzle you put it together and it's not that bad It's the time of gathering the decisions That's the hard part Because you want the whole thing now and God is giving you them little bits of information piece by piece by piece by piece And so your job right now during the school year before you have to make a decision for the future is to just gather pieces every week What did I learn this week what did God inform me this week for my decision that I have to make Should I continue teaching here or not And it was [00:21:00] so helpful to me because it took the overwhelm out and let me focus on well what did I learn this week And I would oh I did learn I love teaching when I'm teaching the Bible Right And he'd say okay there you go I see you come alive at chapel You just don't like teaching biology You love teaching the Bible So things like that where you're starting to gather bits of information that God is kind of Laying out almost like a treasure hunt or a scavenger hunt It kind of becomes a fun process with the Lord rather than this huge burden when we start to gather the pieces of information and sometimes that looks like research right It looks like well I'm thinking of an example of school options In California you don't have to go to your neighborhood school which sounds lovely But then you have like 700 schools to choose from Right And there's charter and there's this and there's hybrid And so you have to say okay do the research You're gonna prepare you're gonna say well what schools are available to us what schools would be a fit for our family And so some of that's just legwork at the beginning And once you've done all of that you can lay out the pieces before the Lord And you can say now Lord help me help me to put this thing together properly some of the pieces that I think [00:22:00] we should be gathering when we're gathering pieces for decisions one of them has to do with our passions like who are we and we think we know ourselves and we don't we don't know ourselves I'm about to be 40 And I feel like I'm just scratching the surface of who I am when I thought I knew when I was 22 and so asking questions God who have you wired me to be and what are the things that break my heart the way they break yours and what are my deep longings What are the things that hurt my soul that motivate me that compel me that make me feel alive Because God has given us those and he means us to use them And they're part of our decision making So you're gathering pieces of information about your passions You're gathering information about your priorities So a lot of decisions that's not just about how you feel about something it's about well in this season right The right thing at the wrong time is the wrong thing And so in this season what are my priorities And so if you're a young mom at home your priorities are primarily Raising up these children so that their little brains can be wired right For the rest of their lives so that might not be the time to be able to go on [00:23:00] that vacation because your priority in this season is this so you gotta gather information about your passions your priorities and then your providential circumstances So God not only guides through the way we're wired but also through our circumstances what doors is he opening and what doors is he closing God uses those situations and circumstances to help guide us and I give an example in the book about I really wanted to do genetic counseling for a little while there I love to learn And I thought well they need believers in genetic counseling So it fit my passions It fit my priorities this could be a great way to be a believer in a dark space and to tell parents who get really hard genetic diagnoses there's an option other than abortion And it would be to bring this child to life and to trust God with it And so all of it made sense except for circumstantially there were no schools within hundreds and hundreds of miles of where we lived and we knew where we were supposed to live because my husband's calling

**Krystal:** Hmm

**Aimee:** So cross it off the list God redirected And I'm so thankful that I'm not a genetic counselor I would not have been good at that so gathering information about your passions your priorities and your providential circumstances what are the [00:24:00] circumstances around you help when you're trying to make a decision And I wouldn't say you do this all the time you wouldn't do this to decide if you want guacamole on your burrito Right the bigger the decision and the more weighty the decision the more of the process and the preparation just like with painting I don't know if Last time you've painted a room but the setup takes like four times longer than the painting You gotta move everything You gotta tape everything You gotta get the right paint color So in the same way with decision making I think the preparation is just as significant if not more significant than the actual decision making moment

**Krystal:** Mm I like that you bring up too just in terms of our passions that those are things that God has given us because I think we can feel selfish sometimes to bring that into account And so I appreciate even just looking at how is it that God has given you those desires and those talents and those passions Because he didn't do that Accidentally he didn't do that for it just to be hidden away that's a way we can honor and glorify him is to use the things that he has given us But for some reason we sometimes neglect that when we're [00:25:00] making a decision So I really appreciate that you brought

**Aimee:** Yeah And I think that sometimes I even when I was writing the book I hesitated to talk about desire because our culture has made desire king I mean if I feel it and I want it it is good Therefore I can get at it It's my truth I feel like sometimes the Believer's response is an overcorrection to the world's response and it's throwing the baby out with the bath water So because the world says if you feel it it is good It is true And we know that the heart is wickedly deceitful above all else who can fathom it We know that our desires are in pure and mixed even at their very best but that doesn't mean we just completely throw that out It means we factor it inappropriately and we say Lord sift through this with me Is ithis selfish desire Is this selfish ambition or is this godly ambition And I think a desire has the right place It's just not the center and it's not the ultimate arbiter And I think we don't like that in our culture And so sometimes the believers I think we swing the other way where and I hate to disagree with Elisabeth Elliott cuz she's like my hero but she says when you're given a path choose the harder one [00:26:00] and I didn't put that in the book cuz I don't know if I always agree with that as a rule because it feels a little bit like a sedacism now I would say this if you always do what you've always done you'll always be who you've always been So if it comes to taking a risk and trying something new You will probably get more of Jesus because you are setting yourself into a different situation to see different sides and different parts of who Christ is especially in a comfort driven culture and in a control driven culture the thought of risks even little risks doesn't have to be moving into a middle Eastern country to share the gospel with a Muslim population it could be getting to know your neighbor who's a Muslim or initiating to go on a walk with someone who has a very different worldview than you so that you can have a potential to maybe build a relationship and share the love of Christ Those are risks little baby risks but risks that make a difference and would allow us to maybe know more of Christ and become more like him

**Krystal:** Yeah I totally agree I think it's where discernment comes in where the harder path might be the path To take but maybe don't take it just because it's the [00:27:00] harder path

**Aimee:** Yes Yes exactly Exactly

**Krystal:** so if there's someone listening that's thinking this all sounds great but there are decisions that I have regretted or I tried and I feel like I've made the wrong choice What encouragement would you have for someone thinking that

**Aimee:** Yeah I think the first thing I would say is If you're in Christ you are not the sum of your poor decisions or your good decisions You are the sum of Christ's perfect decisions And so you get to sit for a second in the gospel and realize that that's what's always true of you when you make good decisions or bad decisions that God looks upon you And he sees Christ He sees The righteousness of his son and you are cloaked in robes of righteousness not rags of your own righteousness And so I just think that's a chance that is a window into seeing a bad decision an unwise decision and its consequences are windows into seeing more of Christ and receiving more of him and saying how good you are that I get to you so that would be my first Thought is [00:28:00] just stop and remember the gospel And if you can't make it stick on your own which we need to often hear it from other people invite a friend and say listen I blew it I blew it with my kids today I made the wrong decision and I overscheduled our day and they're totally melting down and it's because I was being selfish and I wanted the coffee and I wanted to hang up with my friend and whatever fill in the blank Will you remind me of the truth Remind me of the gospel Remind me that the Lord has separated my sins so far as the east is from the west and that he's not chiding and angry at me that I get the father's pleasure because Christ got the father's anger and his wrath And so he's not disappointed with me He is far more Satisfied in Jesus with Jesus than he is dissatisfied with you And so that's so freeing to us So that's one thing I would say The second thing I would say is learn from it learn from it Okay what would you have done differently what are two or three practical principles that you learned from that poor decision and then not only for your own life but I would seek to pass that on to someone else and say Lord would you give me an opportunity to share what I [00:29:00] learned to divide someone else's potential pain And so 1st Corinthians Paul talks about with the comfort with which we have been comforted in Christ We will comfort others And so Lord Teach me so I can teach my children not to make that mistake So we have that conversation a lot in our house when mommy was your age blah blah blah blah blah blah And I regret it and I wish that I had made different decisions I didn't know Christ and oh my goodness I multiplied my pain and I want for you So terribly not to multiply your pain you know Psalm 16 says the sorrows of those who run after other guys will increase I don't want you to have multiplied sorrows I want you to have Psalm 16 at the end in his right hand are pleasures forevermore I want you to have that And so I would say rest in Jesus in the gospel that you're cloaked and righteousness learn from your mistake and then seek to teach someone else your mistake and believe that God can work all things together for good I mean if you look at the scriptures What is abundantly clear is that God's people made major major mistakes ridiculously huge [00:30:00] mistakes and God laced them together for the story of salvation And he will do the same for us and so I think that gives us hope to not just go oh well there's grace so it doesn't matter But to also not rest in self-loathing because condemnation is not from God It is from the enemy conviction is always specific it starts with God and it leads back to God it might lead through some sadness and grief but it ultimately leads to freedom and peace condemnation starts with self and ends with self it's generic it's general I'm just a terrible mom I'm just a terrible person If you're walking in condemnation that is a tool of the enemy Because Romans 8 says there is therefore now no condemnation for those who are in Christ Jesus So I would say help try to discern the difference between conviction and condemnation over your poor decision confess what you are convicted of and run away from condemnation because that is not from the Lord

**Krystal:** that's so helpful Cause I think we all can relate there's probably a lot of people myself included can look like oh if I had only made choice a [00:31:00] instead of choice B and that's also too where we rest and God sovereignty and in his goodness that we didn't surprise him We didn't mess up his plan he uses that so yeah I think thinking through condemnation versus conviction I think is a really helpful model as well as we look back on decisions And even looking ahead as we make decisions resting in I can trust in the Lord as I make the decision and leave the results up to him and just walk in obedience as best as we can

**Aimee:** my prayer for this book has been 1 that it would demystify that it would make it feel less like Ooh what's going on here and we'd go oh I have some tools I know how to do this and then the other one would be a shift So just the shift from thinking of decisions as problems we have to solve To privileges We get to steward the God of the universe has made me in his image and has given me a mind and a body and a soul and has entrusted me with real decisions that make real impacts for real eternity that's a privilege that should make us humble [00:32:00] reverent and dependent rather than annoyed and busy and hyper controlling Right So I think that would be my Lord would you make us To realize that this is a privilege that we get to make decisions And would we then make decisions like Psalm 90 teach us to number our days that we might present to you a heart of wisdom Lord that we would be able to get To glory and say there's so much I messed up on but I was doing the best I could with what I had and I was doing it in faith that your glory would be displayed on this earth and for eternity So just that making daily little decisions putting them in light of the eternal Makes a difference if I stop and talk to the lady at the grocery store when I'm in a rush And I think the Spirit's telling me I should go talk to that person but I'm gonna be late to the party Ah okay In light of eternity I'm not gonna regret having to stopped to talk to the lady at the grocery store So just setting our decisions on the timeline of eternity I think helps us to make decisions that really will ripples into eternity

**Krystal:** Yeah I love that I think we could all resonate with that We want to make decisions that will impact and have [00:33:00] eternal purposes And so I think that's a really good encouragement for all of us So as we wrap up there is one question that we ask every guest that comes onto the podcast at the daily grace Co We often say the gospel changes everything So what has the gospel changed for you

**Aimee:** I would say that gospel changed my need for approval and performance growing up I learned early to try to get security and significance through being the best at everything and competing And that is something that God has been slowly taking apart in me and teaching me to take the low seat and to trust him with those things and to not have to perform or seek to live by my own perfectionism which is absolute slavery but instead to trust his perfection and the freedom that comes with that has been really sweet so I would say that's one of the biggest things that the gospel changed and keeps changing in me

**Krystal:** Yeah that's so true It's what has he changed for us through the [00:34:00] gospel but that it continues right It is just until we're in his presence he will continue to change us And so I have just been so encouraged by this conversation I feel like I even have decisions that I have to make Today And so even having this conversation is helping me to rightly think about those decisions in light of eternity giving weight where there needs to be weight but also taking off the pressure where I've often put pressure So thank you so much just for joining me and having this conversation

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