

10 TIPS TO FIGHT DECISION FATIGUE + OVERTHINKING

Somer Phoebus

All quotes are from Somer Phoebus unless otherwise noted.

Class resource:

<https://sheworkshisway.com/wp-content/uploads/2021/07/Decision-Fatigue-and-Over-Thinking.pdf>

God reminds me that I need reminding.

Your capacity for all things is decided by and given by God.

Your capacity for all things is created specifically for you.

All capacity's are not equal. All capacities when used for the Kingdom work are equal.

Do not compare your capacity to someone else's capacity.

We cannot measure capacity with a measuring cup.

Your capacity is decided by and given to you by God.

Ask God for more capacity. - Sally Clarkson

Fatigue: exhaustion that comes from physical or mental exertion.

Capacities are different for everyone.

Philippians 2:14- 18

Everyone's pour out looks different.

Exhaust yourself for the gospel. But you don't decide your pour out level.

Pour out and exhaustion will be sacrificial but it should also be joyful.

Pour yourself out for the gospel but only through the power of Christ and only doing the things God has called you to do.

You're either poured out or performed out.

Poured out - Jesus inside of you, overflowing

Performed out - when you try to add to what God has already given you

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Is there a part of me that is trying to perform instead of pour out?

You have limits.

Keep your human limits in mind.

Great Commission limits.

You can do all of the Great Commission. But you limit yourself by neglecting who you were called to by wishing we were called to other people.

You are called to your family first.

Don't limit yourself by what you can do for the Kingdom.

You have your unique, individual limits.

Your personal limits that are part of the way God made you.

It is not ok to make other people tired.

It is not ok to enforce any of your legalism on someone else because they are your partner for life.

Respect your family members and the boundaries in your home.

Don't make your kids and husband tired.

Love people because God has asked you to do it.

Matthew 11:28

Jesus wants to share in your burden.

1 John 5:3

Decision Fatigue - result of your life/calling or your need to control

If you need to control, it might feel good now, but it will bite you in the butt later.

Be aware of your motivation behind making decisions.

Decision fatigue is not always because you're controlling.

Overthinking - a lack of confidence in God or yourself or your wiring

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Overthinking will always boil down to a root issue to something that is making you uncomfortable.

Go to the Lord, ask him for peace.

Don't get yourself trapped into overthinking.

I'm sorry.
Please clarify.

Galatians 5 - walk in the Spirit

Overthinking, walk in the spirit, have confidence in the decisions.

Your safest place is with the Holy Spirit

Overthinking:
His Power > my power

His Spirit louder than my flesh.

perfectionist - decision fatigue
prepared - overthinking and decision fatigue
answer to everything - overthinking and decision fatigue
excellence - decision fatigue
natural leader - overthinking and decision fatigue

Biblical definition of a leader makes other people better

Worldly definition of a leader makes yourself better

We're here to know how to follow God best.

10 Tips:

1. Pray: Mark 1:35, Luke 6:12
2. Eat the same thing.
3. Simplify your wardrobe.
4. Learn how to delegate.
5. Don't second guess yourself. Romans 12:1-2
6. Ask "what do you think?" (for controllers)
7. Don't ask "what do you think?" (for second-guessers)
8. Read Proverbs.
9. Fear nothing but God. Proverbs 1:1-7
10. Make room for Sabbath. Deut 5:13-14

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Decision fatigue and overthinking will distract us from the mission.

If you are others-focused and leave margin for people and do it through the power of the holy Spirit, decision fatigue will make you joyful and empty in the best kind of ways.

Respect your capacity.

Overthink but only for the sake of the good of others and the glory of God.