

Decision Discernment Checklist

For Christian Business Leaders Facing Pressure to Decide Quickly

Use this when you feel urgency rising, anxiety increasing, or pressure pushing you to move fast.

Print it. Save it. Review it before major decisions.

PART 1: PAUSE THE PRESSURE

1. Have I slowed down physically?

- Have I stepped away from email, text threads, or the meeting?
- Have I taken 3–5 minutes to breathe and reset?

“Be still, and know that I am God.” — Psalm 46:10

Reminder: Urgency is often emotional, not strategic.

2. Am I reacting or responding?

- Is this decision driven by fear?
- Am I trying to relieve discomfort rather than make a wise move?

“Desire without knowledge is not good—how much more will hasty feet miss the way!” — Proverbs 19:2

One-liner: Relief is not the same as wisdom.

PART 2: CHECK YOUR MOTIVE

3. What emotion is driving this decision?

- Fear?
- Pride?
- Insecurity?
- Anger?
- Ego?

- Pressure to prove something?

“For God has not given us a spirit of fear...” — 2 Timothy 1:7

Ask: If I were completely at peace, would I still make this choice?

4. Am I trying to protect my image?

- Is this about reputation?
- Am I overreacting to criticism?
- Do I feel threatened?

“Where selfish ambition exists, there will be disorder.” — James 3:16

One-liner: Protecting ego produces expensive decisions.

5. Is this an Ishmael decision?

- Am I manufacturing movement because silence feels uncomfortable?
- Has God actually directed a change, or am I tired of waiting?

(See Genesis 16 — Abraham and Ishmael)

One-liner: Impatience builds substitutes.

PART 3: APPLY WISDOM FILTERS

6. Does this align with Scripture and biblical character?

- Does it reflect integrity?
- Is it honest?
- Is it stewarding resources well?

“Trust in the Lord... lean not on your own understanding.” — Proverbs 3:5–6

If it compromises integrity, it is not from God.

7. Have I sought wise counsel?

- Have I asked someone who will tell me the truth?
- Or am I only talking to people who agree with me?

“In the multitude of counselors there is safety.” — Proverbs 11:14

One-liner: Isolation magnifies distortion.

8. What does this decision look like in 10 days? 10 months? 10 years?

- Am I choosing short-term relief over long-term stability?
- Will I regret this pace?

“The end of a matter is better than its beginning.” — Ecclesiastes 7:8

Haste is often expensive.

9. If this fails, can I absorb the consequence?

- Is this a reversible decision?
- Or is it high-impact and permanent?

High-impact decisions deserve high-deliberation.

PART 4: DISCERN PEACE VS. PRESSURE

10. Do I sense internal peace or internal pressure?

“Let the peace of Christ rule in your hearts.” — Colossians 3:15

Peace is not always comfort.
But it is steady.

Pressure is loud.
Peace is grounded.

One-liner: Pressure shouts. Peace governs.

11. Have I prayed and then waited?

- Did I pray once and move?
- Or have I allowed time for emotional settling?

“Be still before the Lord and wait patiently for Him.” — Psalm 37:7

Waiting tests maturity.

12. Am I emotionally regulated?

- Am I hungry?

- Exhausted?
- Angry?
- Triggered?

Never make major decisions when:

- Angry
- Afraid
- Exhausted
- Ego-bruised

One-liner: Dysregulated leaders make distorted decisions.

PART 5: STEWARDSHIP CHECK

13. Am I abandoning what I've already been assigned?

- Is this a pivot because of calling...
- Or because of discomfort?

Joseph remained faithful in prison before promotion (Genesis 39–41).

Faithfulness precedes elevation.

14. Does this strengthen or destabilize my team?

- Will this produce confidence or confusion?
- Is this reactive leadership?

“A double-minded man is unstable in all his ways.” — James 1:8

Anxious leaders create anxious organizations.

15. Would I advise someone else to move this fast?

If you were counseling another Christian business owner, would you tell them to:

- Slow down?
- Seek counsel?
- Pray more?
- Wait?

Then follow your own advice.

PART 6: FINAL REFLECTION QUESTIONS

Before deciding, ask yourself:

- Am I trying to escape discomfort?
- Am I trying to prove something?
- Am I acting from fear?
- Am I aligned with biblical wisdom?
- Have I invited honest counsel?
- Do I have peace?
- Would I still choose this if no one applauded?
- Am I leading from identity or from performance?

RED FLAGS YOU ARE ABOUT TO MAKE A HASTY DECISION

- “I just need to do something.”
- “We don’t have time to think.”
- “What will people think if I don’t act?”
- “I can’t stand this uncertainty.”
- “I’ll feel better once this is done.”

Relief is not the same as righteousness.

BENEFITS OF USING THIS CHECKLIST

When leaders slow down:

- ✓ Fewer regret decisions
- ✓ More stable culture
- ✓ Stronger trust from teams
- ✓ Reduced emotional volatility
- ✓ Better long-term outcomes
- ✓ Peace in ambiguity

“You keep him in perfect peace whose mind is stayed on You.” — Isaiah 26:3

COST OF IGNORING IT

If you consistently decide under pressure:

- ✘ Strategic whiplash
- ✘ Team insecurity
- ✘ Ego-driven pivots
- ✘ Burnout
- ✘ Financial damage
- ✘ Spiritual exhaustion

Impatience is expensive.

Peace is profitable.

Final Anchor Statement

When you feel pressured to move quickly, remember:

- God is rarely frantic.
- Wisdom is rarely rushed.
- And mature leadership is rarely reactive.

You don't have to move fast to prove faith.

You move wisely to demonstrate trust.