

Introduction

Decision making isn't just about choosing between options—it's about recognizing the mental filters that shape how we view those options in the first place. Two excellent books, *The Lies We Believe* by Chris Thurman and *Loserthink* by Scott Adams, offer complementary insights into how distorted thinking can sabotage our choices—and how proper thinking contributes to clarity.

False beliefs about ourselves, others, and life itself lead to blind spots in the decision making process. These incorrect assumptions at their core reflect the consequences of possessing a sinful nature that seeks perfection to be loved or despair over shortcomings and fear of failure.

Foundational to proper decision making is a recognition of a believer's identity as a redeemed child of God with all the promises of our Lord accompanying that identity. *Decision Making 101* teaches a framework for making key decisions to be applied in the context of a life of faith. It is intended for students of high school age, as they enter the adult world of decision making, decisions that may impact the rest of their future lives.

Lesson One -
Examines the cause of good and bad decisions.

Lesson Two-
Provides a framework to define the true issue of the decision being faced.

Lesson Three -
Begins the solution process by examining the pros and cons of a decision's outcomes.

Lesson Four -
Teaches basic principles for the decision process in light of our Old Adam and New Man.

Lesson Five - Puts it all together by working through a real world decision with meaningful impact and/or consequences.

by Professor John Kolander.