

Decision

SLOW THE MOMENT DOWN

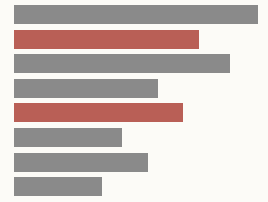


TABLE OF DECISION / HOT SEAT

VOICE
CHOICE
RELIEF
REST*The Table is a crossroads: what was chosen, and what was Jesus offering?**Good* Questions

- What choice did you make in that moment?
- What options seemed available to you?
- What felt automatic or inevitable?
- What voice was defining reality for you?
- What did the enemy seem to be inviting you toward?
- What might Jesus have been offering in that same moment?
- What were you trying to protect, secure, prove, or control?
- If you could slow the moment down, where was the turning point?
- What would it look like to acknowledge your agency without shaming yourself?
- Which invitation do you want to trust now?

Rules of Thumb

- Human beings are volitional: events and emotions influence us, but they do not erase choice.
- The goal is awareness and responsibility, not condemnation.
- Keep both invitations in view: quick relief and the slower way of Jesus.
- Do not rush across the Table before the chosen path is understood.
- The question is not merely "What happened?" but "Whose story was I living?"

REMEMBER

Human beings are volitional: events and emotions influence us, but they do not erase choice.