

Better Decisions, Fewer Regrets
5 Questions to Help You Determine Your Next Move

Session 3

Question #2: The Legacy Question – What story do you want to tell?

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” - Joseph, Genesis 50:20

Session Overview

Every decision you make becomes a permanent part of your story. The story of your life. Every decision has an outcome, a consequence, a result. It may be good, bad or undesirable, expected or unexpected. So, when you are making a decision of any magnitude, you owe it to yourself to pause, look ahead, and ask yourself: “What story do I want to tell?”

Conversation Starter

Describe the legacy of someone you admire. What makes their story worth celebrating?

Watch the video

Group Discussion

1. The choices you make now will be nothing more than a story you tell someday. How does that reality focus you on your legacy?
2. Do you agree that some of your worst decisions have been fueled by a strong emotional appeal? How might it help to press “pause” rather than “play” in these moments.
3. Focalism is when we hyper-focus on one thing and everything else (including our stories) falls into the background. How has this played out in your life?
4. What part of Joseph’s story stands out most to you? Why?
5. What one decision can you make this week that might change the trajectory of your story?

Making Better Decisions

Rehearsing the future is a powerful technique when considering the kind of legacy you want to create. Consider a current situation you’re struggling with. Now, rehears the future by writing how the story could play out based on your decision.

Take a few minutes to answer these questions. Then, if you’d like, you can share them with the group.

Story #1: You proceed with the current situation. What story does that lead to?

Story #2: You choose not to pursue this situation. What story would this lead to?

Which of the above stories would you prefer to tell – or have told – as a permanent part of your legacy?

Session Wrap Up

As you've discovered in this session, every decision you make becomes part of the story of your life. Every relational, financial, and professional decision and the outcomes of those decisions become permanent parts of your story.

No doubt you have a few stories you wish you could rewrite. We all do. We call it regret. Chances are, the decisions that led to your greatest regrets could have been avoided if you had asked yourself the legacy question: "What story do I want to tell?"

If you're in the middle of making a decision right now, stop and ask yourself: "Which option do I want as a permanent part of the story of my life?" Never decide anything that will make you a liar for life.

Between – Session Personal Study

To enhance this week's group study, this section will help you experience personal growth in practical ways.

Do

Write down insights from this lesson that stood out to you. Read the complete story of Joseph found in Genesis, chapters 37 – 50. As you read, consider the numerous decisions Joseph makes that shape his legacy.

Reflect

Think back through your family history. Is there a certain legacy that runs through one or both of your parents' lines? If so, what story are they most known for?

How does the above legacy correlate to the story you'd like to be known for?

What is a situation in your life that, like Joseph's, was meant for evil but Good meant for good (Genesis 50:20)?

Decide

In Genesis 39:21, the author assures us that "the Lord was with Joseph" (NKJV), which seems a bit strange. If the Lord was *with* Joseph, it would seem the Lord would have kept all this from happening to him in the first place. Isn't that what the Lord does – or is something bigger going on in our stories when God is with us?

Consider a current ordeal you're going through. What decisions can you make now to ensure it is a story you will want to tell later?

Question #2 is the Legacy Decision. Are you ready to decide now to live a story you'll be proud to tell – while agreeing to not decide anything that will make you a liar for life? Why or why not?