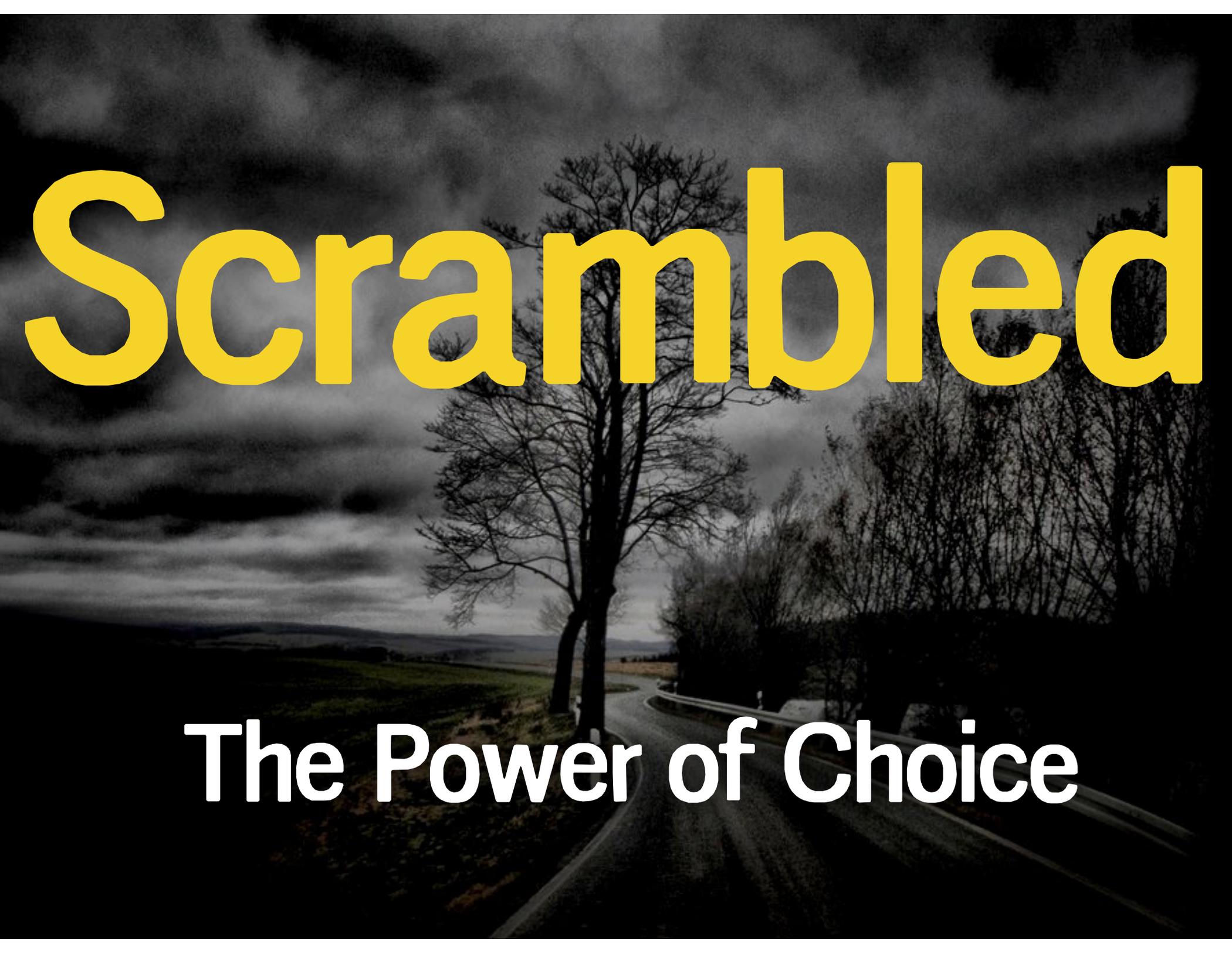


# Scrambled

A dark, moody landscape with a winding road, bare trees, and a cloudy sky. The scene is dimly lit, with a large, bare tree in the center-left foreground. The road curves to the right, and the sky is filled with heavy, dark clouds. The overall atmosphere is somber and mysterious.

The Power of Choice

# Recap

THE NEW YORK TIMES BESTSELLER

## THINKING, FAST AND SLOW



DANIEL  
KAHNEMAN

WINNER OF THE NOBEL PRIZE IN ECONOMICS

“[A] masterpiece . . . This is one of the greatest and most engaging collections of insights into the human mind I have read.” —WILLIAM EASTERLY, *Financial Times*

# Recap

**Large crowds** were traveling with Jesus, and turning to them he said: “If anyone comes to me and does not **hate** father and mother, wife and children, brothers and sisters—yes, even their own life—**such a person cannot be my disciple**. And whoever does not carry their cross and follow me cannot be my disciple.” **vs 25-27**

# Recap

**Your schedule is not your itinerary for the week, it's your values statement for your life**

# FOMO-fear of missing out



**“Anxiety is the dizziness of freedom”**  
**Soren Kierkegaard**

# The Paradox of Choice

## THE PARADOX OF CHOICE

WHY MORE IS LESS **BARRY SCHWARTZ**

HOW THE CULTURE OF ABUNDANCE ROBS US OF SATISFACTION



"A revolutionary and beautifully reasoned book about the promiscuous amount of choice that renders the consumer helpless. A must read."

— Martin Seligman, author of *Authentic Happiness*

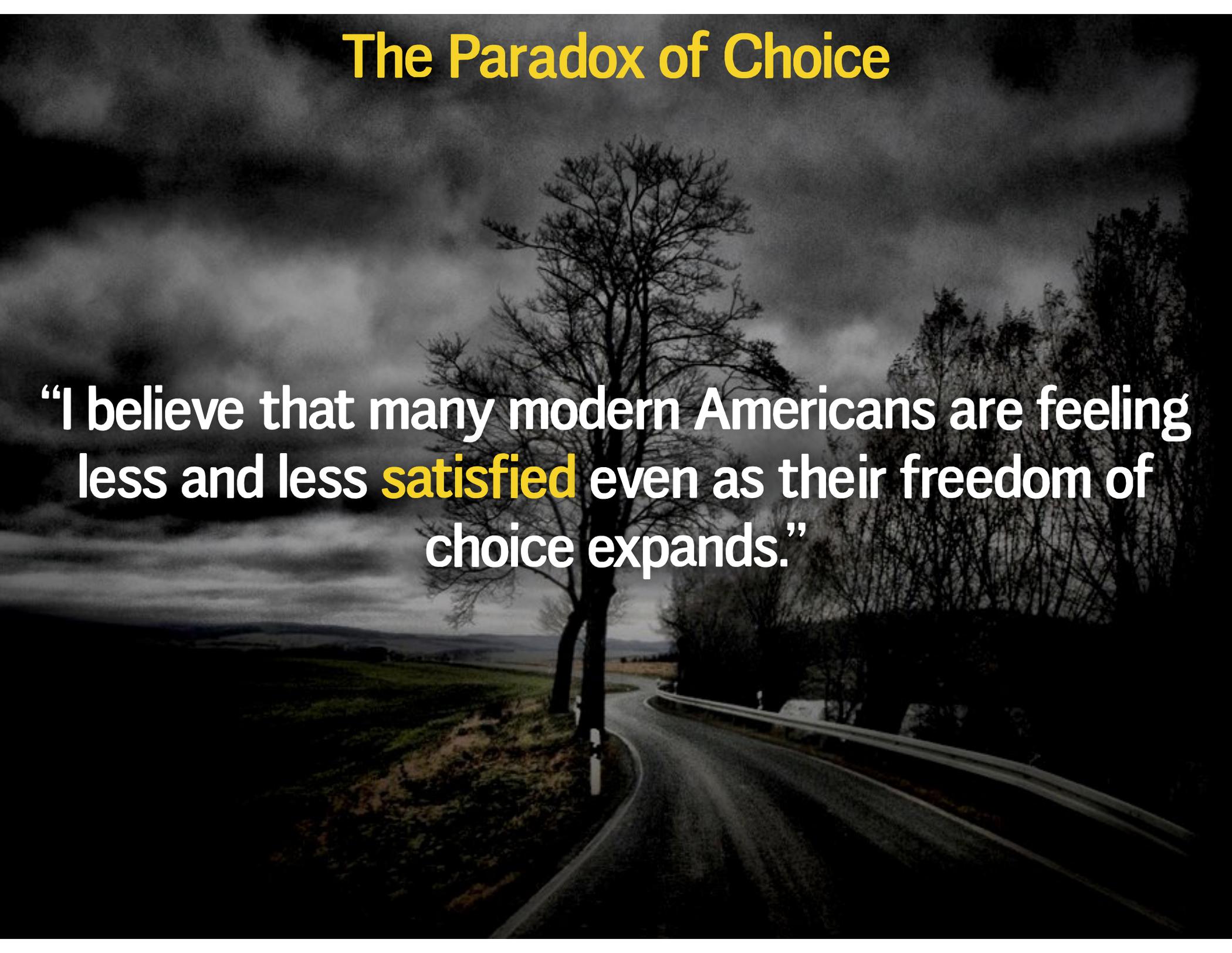
P.S.  
INSIGHTS,  
INTERVIEWS,  
& MORE...

“Learning to choose is hard. Learning to choose well is harder. And learning to choose well in a world of unlimited possibilities is harder still, perhaps too hard.”

**Barry Schwartz**

# The Paradox of Choice

“I believe that many modern Americans are feeling less and less **satisfied** even as their freedom of choice expands.”

A dark, moody landscape with a winding road, a large tree, and a cloudy sky. The scene is dimly lit, with a large, leafless tree in the foreground on the left. The road curves to the right, and the sky is filled with heavy, dark clouds. The overall atmosphere is somber and contemplative.

# The Paradox of Choice

## Consequence of Choice

Choice produces paralysis, not liberation. And because of too many choices we tend to put off decisions because of this paralysis.

Procrastination of choice

# The Paradox of Choice

## Consequence of Choice

We are less satisfied with our choices.  
Imagination of perfection fuels regret.

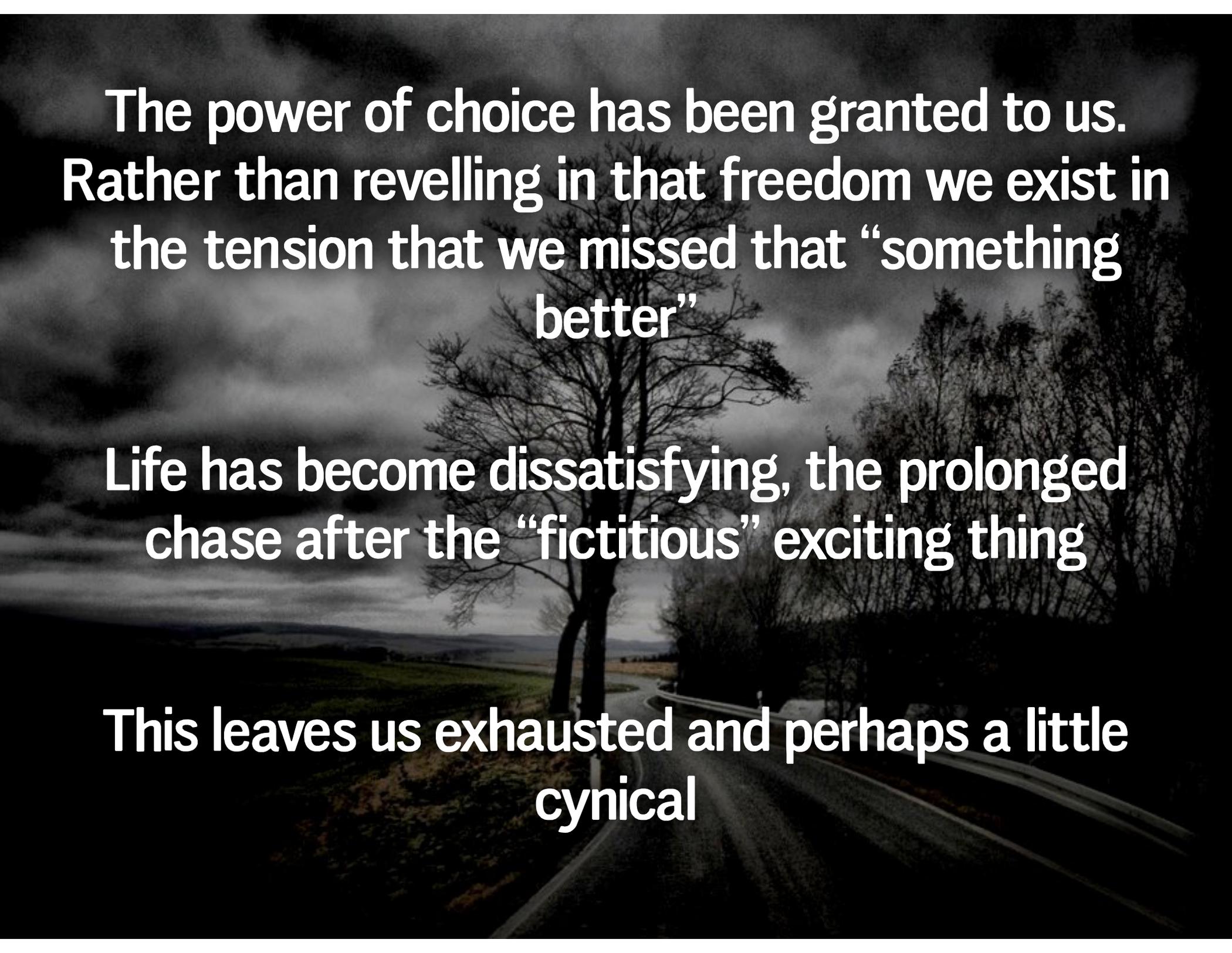
Regretting of choice

# The Paradox of Choice

## Consequence of Choice

**With so many choices we are responsible for our unhappiness. After all it was our decision that led us to this inferior product/experience.**

**Distrust of choice**

A dark, moody landscape with a winding road, trees, and a cloudy sky. The scene is dimly lit, with a large, bare tree in the center and a road that curves into the distance. The sky is filled with heavy, grey clouds, and the overall atmosphere is somber and contemplative.

The power of choice has been granted to us.  
Rather than revelling in that freedom we exist in  
the tension that we missed that “something  
better”

Life has become dissatisfying, the prolonged  
chase after the “fictitious” exciting thing

This leaves us exhausted and perhaps a little  
cynical

# Luke 12:22-34

## The Parable of the Rich Fool vs 13-21

What made him foolish?

“Take life easy; eat, drink and be merry.” vs 19

‘You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’ vs 20

All the effort of life with no eternal reward

## Luke 12:22-34

v 22-28 is the summation of wants/desires

what we may miss in this reading is that to a Hebrew, food was not simply intake of calories but a social moment

Our appearance is a shallow representation of what we are

inward/outward

## Luke 12:22-34

And do not set your heart on what you will eat or drink; do not **worry** about it. **vs 29**

**Meteorizo** to rise up on high

a) to put a ship [out to sea] up upon the deep

b) to raise up fortifications

to lift up one's soul, raise his spirits, to inflate with pride

by a metaphor taken from ships that are tossed about on the deep by winds and waves, make anxious with cares

# Luke 12:22-34

Enjoy but don't be defined by the temporary



## Luke 12:22-34

For the **pagan** world runs after all such things, and your Father knows that you need them. **vs 30**

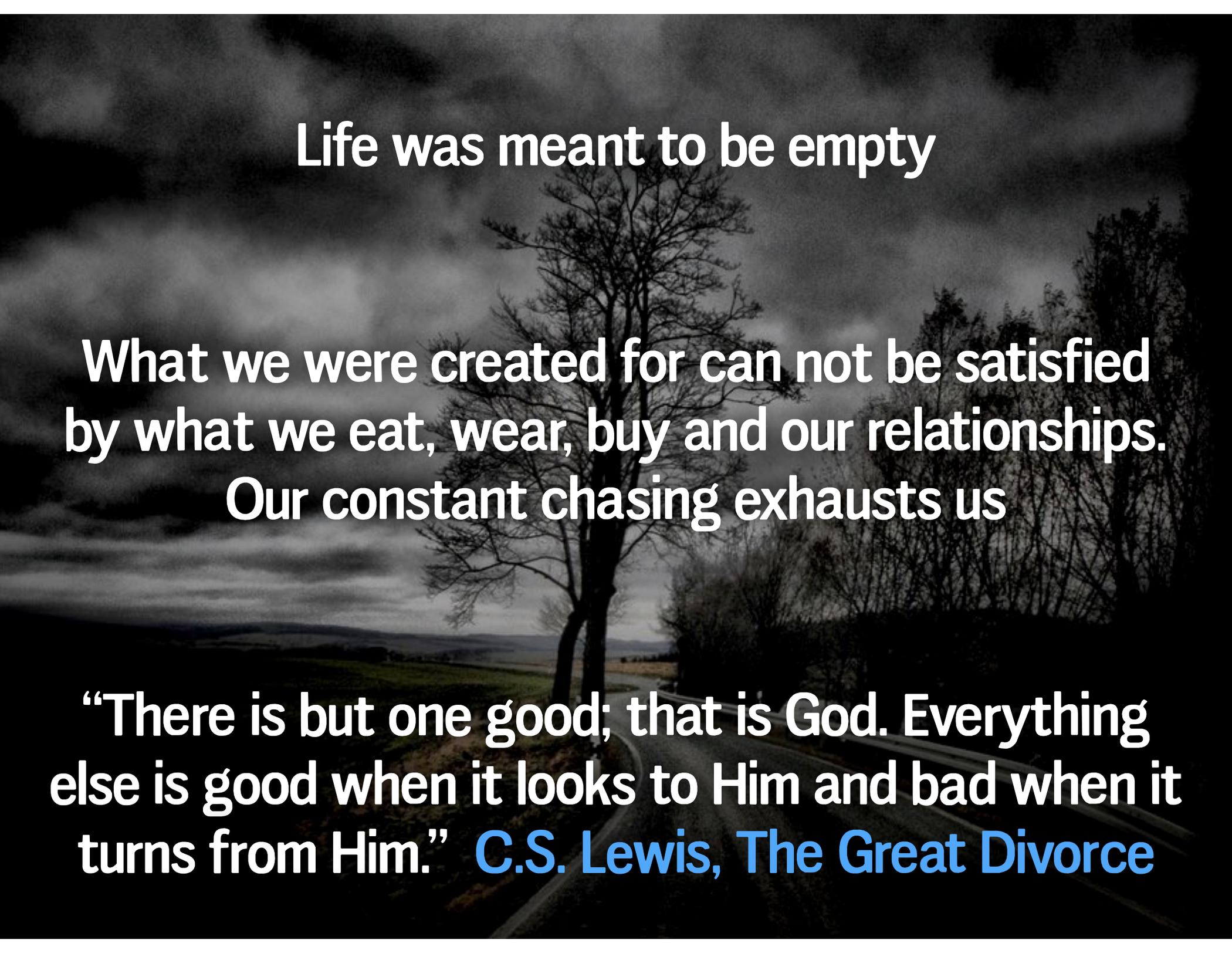
those outside of God's truth

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. **Ephesians 4:17**

# Luke 12:22-34

But seek **his kingdom**, and these things will be  
given to you as well. **vs 31**

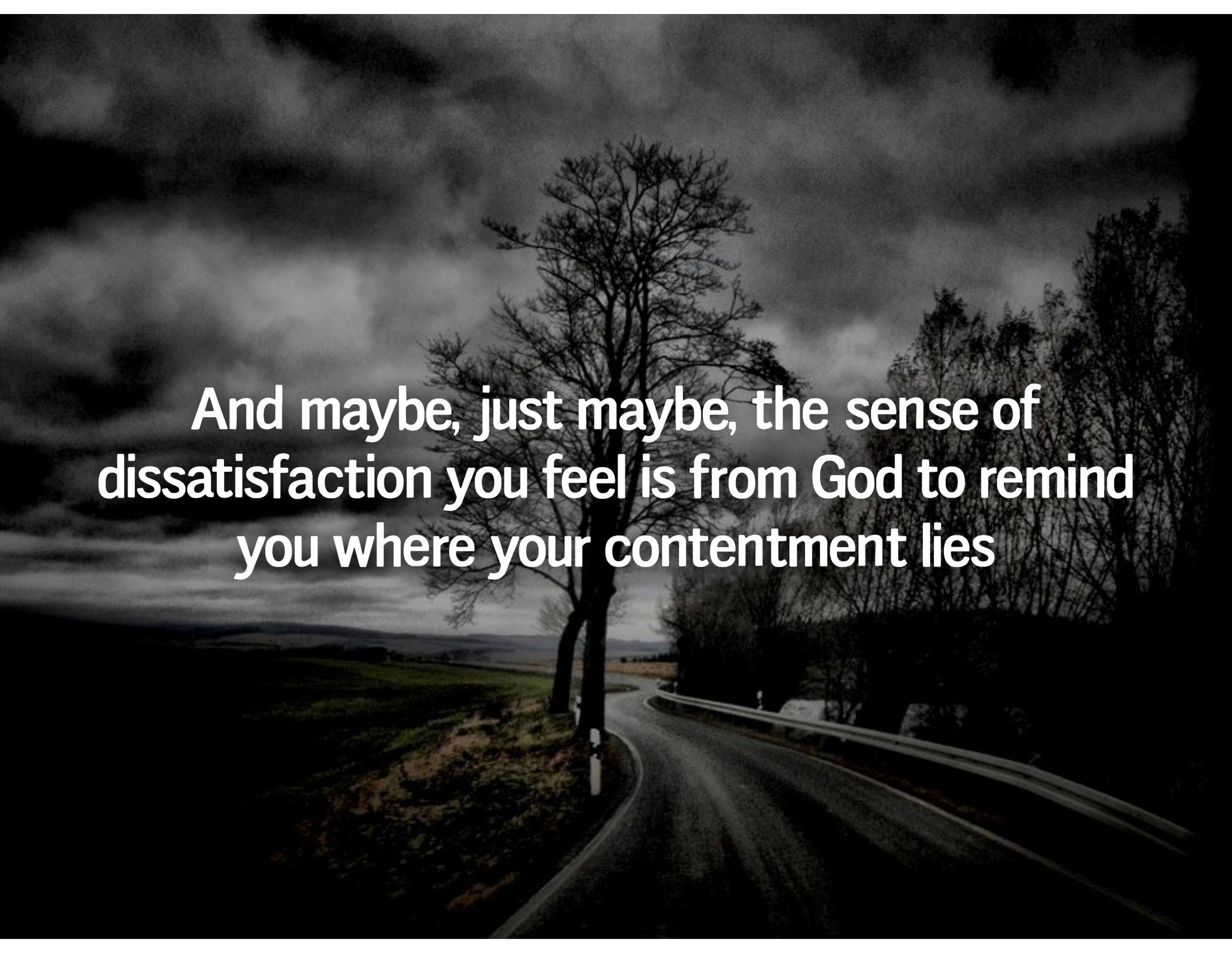




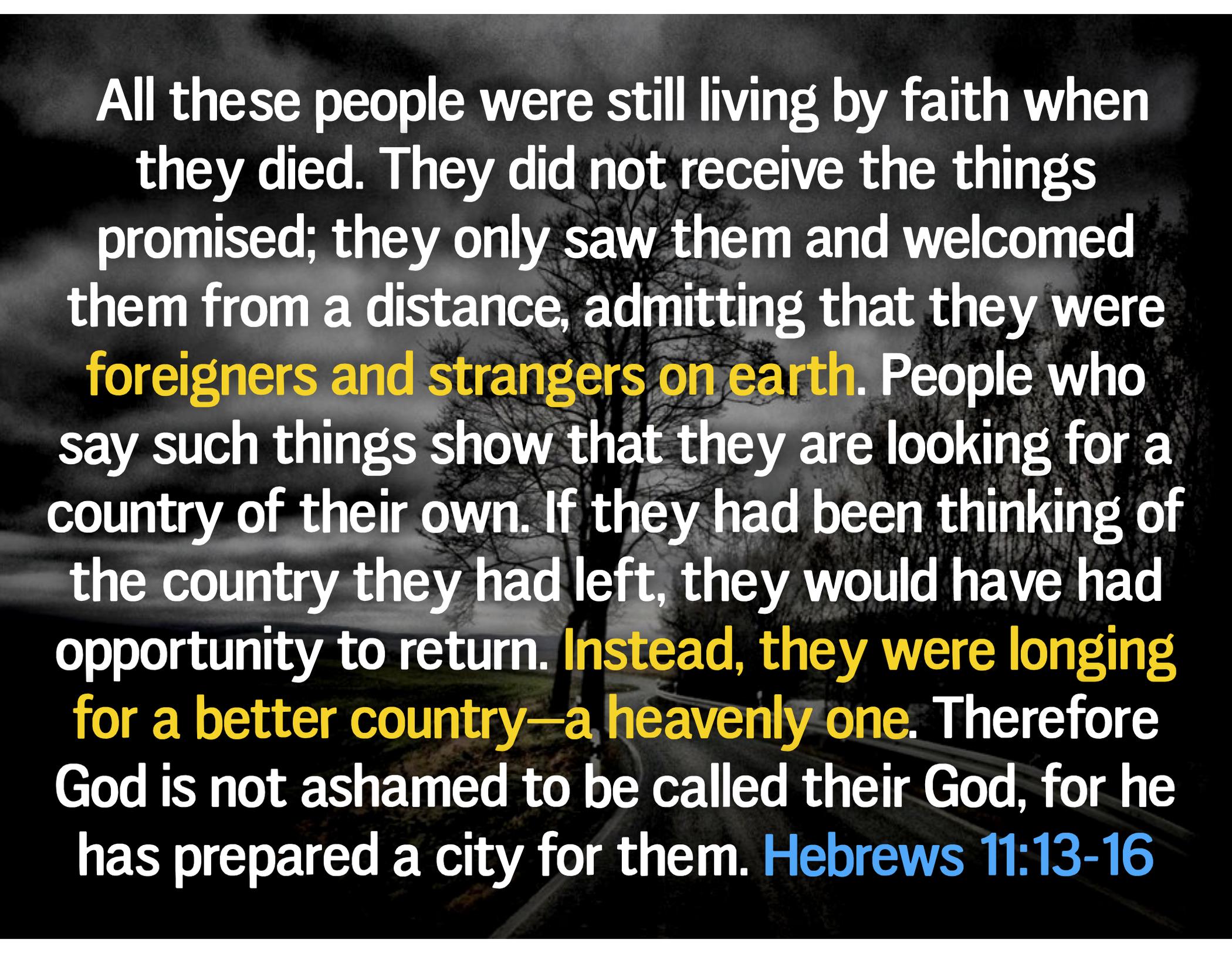
Life was meant to be empty

What we were created for can not be satisfied  
by what we eat, wear, buy and our relationships.  
Our constant chasing exhausts us

“There is but one good; that is God. Everything  
else is good when it looks to Him and bad when it  
turns from Him.” **C.S. Lewis, The Great Divorce**

A dark, moody landscape featuring a winding asphalt road that curves into the distance. On the left side of the road, a large, bare tree stands prominently. The sky is filled with heavy, dark clouds, and the overall atmosphere is somber and contemplative. The text is overlaid in the center of the image in a white, sans-serif font.

**And maybe, just maybe, the sense of dissatisfaction you feel is from God to remind you where your contentment lies**



All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were **foreigners and strangers on earth**. People who say such things show that they are looking for a country of their own. If they had been thinking of the country they had left, they would have had opportunity to return. **Instead, they were longing for a better country—a heavenly one**. Therefore God is not ashamed to be called their God, for he has prepared a city for them. **Hebrews 11:13-16**