In my current walk of life and its experiences, I would classify myself as an anxious person. This anxiousness can be about basic things from day-to-day or about more long-term decisions and situations. Therefore, I enjoy developing strategies and schedules to rule over my everyday life. However, I have experienced analysis paralysis on many occasions.

An analysis is meant to provide insight into the internal and external factors of a situation and is meant to be a tool. However, analysis often provides a large amount of information all at once and trying to base a decision on the quantity of data can be daunting. I also know that it can be difficult to make a decision especially when one desires to make the best or right decision possible for our lives and jobs. Thus, the resulting fear of making a wrong decision is known as analysis paralysis.

One passage of scripture that I cling to that deals with the topic of fear and anxiety is Phillipians 4:6-7. It states “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (). This passage has given me comfort when trying to make the right decision when there is so much information to use to make a choice. It gives me peace in knowing that God wants to hear about my anxieties and will give me the wisdom and understanding to make the right decision. This passage also reminds me to think about and thank God for all that he has done for me. It also then reminds me that God is more powerful than I can even fathom and thus, my issues are so small in comparison to his power.

I would like to carry this verse with me into any and all future employment opportunities as I am faced with new challenges and choices. Philippians 4:6-7 is also a reminder for me that we are all human and are imperfect, not everything we do will or can be correct all the time. Remembering this will also help me to maintain empathy and compassion towards others when strategies do not always go as planned. If I end up working on strategies within my future career I hope that this passage will be a reminder that strategies are not perfect plans and there is no exact science. Instead, I should remember that everyone is human and God is ultimately in control. I want this to be my strength that propels me toward a course of action and the ability to execute it confidently.

References

English Standard Version Bible. (2001). Crossway Bibles.