

**Running On Empty**  
**How To Get Better At Saying No**

**1. Change the** \_\_\_\_\_

Key: Why do I \_\_\_\_\_

a) God gives me \_\_\_\_\_

**Matthew 5:37** Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'

b) God can replace \_\_\_\_\_

**Isaiah 43:16** *I am the LORD, who opened a way through the waters, making a dry path through the sea.*

c) Remember you are always \_\_\_\_\_

**Read Exodus 18**

**2. Adopt a strategy for** \_\_\_\_\_

Key: \_\_\_\_\_ until you can process the request

a) Do I think \_\_\_\_\_ to do this?

**2 Corinthians 5:9** *Therefore also we have as our ambition, whether at home or absent, to be pleasing to Him."*

b) Do \_\_\_\_\_ ?

**1 Corinthians 16: 12** *Now about our brother Apollos – I urged him to visit you with the other believers, but he was not willing to go right now.*

c) \_\_\_\_\_ to say yes to this now?

**Proverbs 13:16** *Wise people think before they act; fools don't—and even brag about their foolishness.*

**3. Accept that people will be upset**

a) Evaluate \_\_\_\_\_

b) Own what you \_\_\_\_\_

**Proverbs 25:28** *Like a city whose walls are broken down is a man without self-control.*

**Where your emotions come from**  
**A – B – C – D – E**

*A – Activating factor: A friend from out of town invited you out to coffee, but you have to say no because you are going on a date with your spouse.*

*B – Belief: It's wrong to turn people down. They might stop following me on social media.*

*C – Emotional Consequence: Feelings of guilt.*

*D – Dispute:*

*E- Exchange it for the truth:*

*Father, I have this opportunity in front of me. Please show me what you want me to do.*

**Pay attention to the following signs:**

- You fail to speak up when you're treated badly
- You give away too much of your time
- You agree with a person when you actually feel like disagreeing
- You say "yes" to a person when you want to say "no"
- You feel guilty for dedicating time to yourself
- You feel taken for granted by others
- You have [toxic relationships](#) (i.e. you are always giving, and the other is always taking)
- You make too many grand sacrifices for others at your own expense
- You are passive aggressive and might have manipulative tendencies (as a way of trying to regain your lost power)
- You constantly feel like the victim
- You feel like you have to "earn" respect by being nice
- You feel guilty when others aren't happy (as if you're responsible)
- You are what other people want/need you to be, and not who YOU need to be
- You're out of touch with your needs
- You attract people who try to control or dominate you
- You have chronic fear about what others think of you