

## Answers For The Stress And Strains Of Life How To Get Better At Saying No

### 1. Change the \_\_\_\_\_

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

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

b) Stop explaining your no

c) Remember God can replace \_\_\_\_\_

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

d) 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.*

d) \_\_\_\_\_

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

**Proverbs 24:26** *An honest answer is like a kiss on the lips.*

## Where our emotions come from

*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. This could impact my business.*

*C – Emotional Consequence: Feelings of guilt.*

*D – Dispute:*

*E- Exchange it for the truth:*

**Prayer:** *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 constantly feel like the victim
- You're out of touch with your needs
- You attract people who try to control or dominate you

### Polite "No's"

- I'm honored but I can't
- I'm at capacity right now and can't add anything else
- I can't do that, but I could do this for you...
- I wish there were two of me so I could do both things at once
- Thanks for thinking of me, but I can't
- I'm sorry but I have another commitment at that time
- Not this time, but thank you for thinking of me
- I love the cause, and I am so glad you thought of me for it, but I simply can't commit right now