

## Say "No"

7-9-12

When don't learn to say no, you end up disliking yourself, as well as the people you are trying to please. In some cases we have difficulty saying no because we're afraid people won't like us. In other cases we believe that to be a "good christian" we must always say yes. Jesus said, "Let your no be no, so that you may not sin." Only when you have the courage to say no will you mature, be able to address your own unmet needs, and start respecting yourself. And in time, others will too!

Always think before you respond. If you need to, say, "Can I get back to you?" Don't make commitments without consulting God, your calendar, and your family.

When your plate's full, say so! Responding to so-called emergencies caused by somebody else's poor planning and sloppy habit won't either of you any good. Limit what you say yes too, then stick with it. Don't take ~~in~~<sup>on</sup> more because you feel pressured, ~~or~~ guilty or indispensable. You'll discover that you're only indispensable until you say no.

Follow your God given gifts. God has given each of us unique talents. If you've to choose between singing in the choir or sitting on the finance committee, go where your talents will be best utilized. Is this always easy? No, but unless you learn to do it you'll end up investing too much time and energy in what seems urgent, and neglect what's important.

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