

# Making waves means learning how to say no!

## 5 inevitable consequences of not saying no:

### 1. Other people's problems will eclipse your priorities

#### **John 11:4 NLT**

But when Jesus heard about it he said, "Lazarus's sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this."

### 2. Those we barely know will steal time from those we know and love

#### **Mark 3:7-9 NIV**

Jesus withdrew with his disciples to the lake, and a large crowd from Galilee followed. When they heard about all he was doing, many people came to him from Judea, Jerusalem, Idumea, and the regions across the Jordan and around Tyre and Sidon. Because of the crowd he told his disciples to have a small boat ready for him, to keep the people from crowding him.

### 3. The rest and recovery we need will be replaced by stress and frustration

#### **Luke 5:15-16 NLT**

But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer.

### 4. Our personal productivity and effectiveness will come to a grinding halt

#### **Mark 1:35-38 NLT**

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, "Everyone is looking for you." But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came."

### 5. We will no longer be able to say 'yes' to what really matters most

#### **Luke 22:50-51 NIV**

And one of them struck the servant of the high priest, cutting off his right ear. But Jesus answered, "No more of this!" And he touched the man's ear and healed him.

## 5 ways to say no with a smile:

1. I would love to, however, my schedule simply doesn't allow me the time to do that.
2. Thanks so much for thinking of me, as awesome as it may be, I cannot do that.
3. I am so sorry, but that is just not something that I can do at this point.
4. Unfortunately, due to my other commitments, I must decline. However, (so-and-so) might be a perfect fit.
5. Thank you so much for the offer, but in an effort to honor my time with my family, I cannot take you up on it.

\*\*\*Response\*\*\*

I'm saying 'no', so I can say 'yes' to making waves!