

### Mathew 5:33-37 NLT

“You have also heard that our ancestors were told, ‘You must not break your vows; you must carry out the vows you make to the Lord.’ But I say, do not make any vows! Do not say, ‘By heaven!’ because heaven is God’s throne. And do not say, ‘By the earth!’ because the earth is his footstool. And do not say, ‘By Jerusalem!’ for Jerusalem is the city of the great King. Do not even say, ‘By my head!’ for you can’t turn one hair white or black. Just say a simple, ‘Yes, I will,’ or ‘No, I won’t.’ Anything beyond this is from the evil one.

**Say no more frequently.**

**Say yes less quickly!**

### Choose purpose over pressure

Mark 1:37-38 NLT

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.”

How to say no without feeling like a jerk:

- Acknowledge and Appreciate
- Be Clear and Concise
- Be Positive
- Don’t Make Excuses or Lie
- Practice

### Consider the consequences of yes

Ecclesiastes 5:2 NLT

Don’t make rash promises, and don’t be hasty in bringing matters before God. After all, God is in heaven, and you are here on earth. So let your words be few.

When you say yes because of pressure instead of purpose:

- Other people’s problems become your priorities
- The people you barely know will steal time from those you love
- The rest you need will be replaced by stress
- Your effectiveness will come to a grinding halt
- You will no longer be able to say yes to what really matters