

We say “YES” when we really should be saying “NO”

Genesis 1:14 NLT

¹⁴ Then God said, “Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years.

Ecclesiastes 3:1 NLT

¹ For everything there is a season, a time for every activity under heaven.

We are not all in the same season of life at the same time

Don’t attempt to live outside of your season

Saying “No” for now, doesn’t have to be a “No” forever

If you say “Yes” be sure to honor your commitment

2 Corinthians 1:17 NLT

¹⁷ You may be asking why I changed my plan. Do you think I make my plans carelessly? Do you think I am like people of the world who say “Yes” when they really mean “No”?

How to say “No”

1. Thank them for asking you
2. Be kind
3. Be honest “In this season...I have to say no”
4. Move on

One of the easiest ways to maintain a proper rhythm of life is learning to say “No”