

PART SIX

NOPE



If you're going to live your life with great purpose, one of the most important skills you can develop is learning how to say no. That's a tough discipline to foster, especially if you want people to like you. We'll look at biblical story that clearly explains the problems with saying yes to everything, and we'll look at how you can learn to say no to the things that matter less ... nicely.

SCRIPTURE

[Exodus 18:13-27 NLT](#)

BOTTOM LINE

Saying no to good things allows you to say yes to great things.

DISCUSSION QUESTIONS

1. How easy is it for you to say no? Why?
2. What do you fear most when you say no to people and opportunities?
3. Apparently, Moses had a hard time saying no. He felt that as the leader, everything depended on him. Study the fascinating story in [Exodus 18: 13-27](#) of Moses and his father-in-law, Jethro, for insights into how Jethro changed not just Moses' life, but the lives of the people of Israel. What was Jethro's system and why is it better?
4. How can the steps Carey and Sarah Piercy outlined on saying 'no' nicely help you?
5. What great things do you need to say yes to? What good things should you start saying no to?

PART FIVE ON PURPOSE



MOVING FORWARD

Learning how to say no nicely is key to being able to keep a fixed calendar as we talked about in Part 5 of the series. Make a list of what you absolutely need to say yes to, and a list of the things to which you will start say no beginning this week. Then start saying no, nicely.

CHANGING YOUR MIND

“This is not good!” Moses’ father-in-law exclaimed. “You’re going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself.” - [Exodus 18:17-18 NLT](#)