

Yes & No

Introduction:

Time is a resource. Like money, you spend it. For every "yes" to something on our calendars, there is also a "no" to something. (Luke 6:38) (Ecclesiastes 2:11)

For instance, if I say "yes" to a bunch of activities then I am saying "no" to rest. If I say yes to comfort foods, I am saying "no" to health. If I say "yes" to focusing on acquiring wealth or status, "I am saying "no" to Jesus being Lord of my life. If I say "yes" to an offense, I am saying "no" to forgiveness.

Flip it.

If I say "no" to a bunch of activities then I am saying, "yes" to rest. If I say no to comfort foods, I am saying, "yes" to health. If I say "no" to focusing on acquiring wealth and status, I am saying, "yes" to Jesus being Lord of my life. If I say "no" to an offense, I am saying, "yes" to forgiveness.

Activity:

We all desire rest, health, Jesus, and forgiveness. But are we willing to sacrifice and say "no" to the other things in the world to get them?

In the blanks, write down what you say "yes" to in the world that is preventing you from saying "yes" to Jesus. There are some examples for you to get started.

I say YES to these things....	Which means I say NO to...
<i>EX: Watching Netflix</i>	<i>EX: Pursuing friendships (Jesus calls us to live in community)</i>
<i>EX: Being a workaholic</i>	<i>EX: No time to pray or read my bible (Jesus calls us to have a relationship with Him)</i>

Suggested Application:

Choose one thing that you say "yes" to on a day-to-day basis, and say "no" instead. Do the opposite for one month and see what God does with your obedience.

The next time you are faced with a decision, ask God, "Is this a yes or a no?" Be obedient to what he says.