

SAYING NO

A Lord's Flock General Assembly Topic

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As followers of Christ, we are at risk of assuming responsibilities for things we should not do. The reality is that our work is never complete or we meet people who direly need our help. How will we live a sustainable pace in life if we continue living like 24/7 is not enough? We need to figure out what God did not intend for us to do, so we can focus on the things that He wants us to do (Jn. 17:4). He never gives us tasks beyond our strength or ability. Thus, we must learn to say **NO** to people, and say **YES** to God.

How did Jesus handle enormous/overwhelming pressure during His ministry life on earth?

1. Early morning prayer was His daily priority.

(Mk. 1:35-37). He went to a secluded, quiet place. He even said NO to His apostles who wanted to bring Him to a lot of people waiting for Him. Jesus wanted to fulfill God's agenda for His life above all (Jn. 4:34).

Not all good are always good. As servants of the Lord, we need to ask Him what He wants us to do.

2. Jesus said "No" to the enemy. (Mt. 4:1-11)

Jesus said **NO** using the Scriptures. Likewise, we need to learn to respond based on the Scripture (Jn. 14:26-27; Jn. 4:7). We need to remind ourselves that we should say **YES** to Jesus and we should wait for God's perfect plan for our life (Phil. 4:13).

3. Jesus said **NO** to Man's Agenda and Timetable. (Acts 1:7; Lk 12).

He was on God's timing (Jn. 6:14-15). Hence, there are situations that we should not be involved in, so we need to seek God's guidance to understand what pleases Him (2 Tim. 2:4).

3.1 Jesus said **NO** to His beloved Mother during the wedding in Cana because it was not His time yet to perform miracles (Jn. 2). Similarly, we must know what the will of God is in our life (Mk. 3:31).

3.2 The Lord said **NO** to Peter who tried to persuade Him from His mission (Mt 16:21-23). Our obedience must be to God, not to

man (Acts 5:29). Thus, we must say **NO** to pleasing the crowd.

4. Jesus says NO to us! Our prayers intend to receive a **YES** answer from God, but He also says **NO**:

4.1 The Lord said **NO** to Barabas, **YES** to Mathias (Acts 1:23-26).

4.2 The Lord says **NO** to fornication, **YES** to purity (Gal. 2:20). We, Christians, must say **NO** to sin, no matter how attractive. We must always be "right" before Him, not before people. Therefore, we must say **NO** to flesh/self, but **YES** to God.

4.3 If God does not stamp our plans, what should we do? We must remain assured that the power of Christ dwells in us; His grace is sufficient (2 Cor. 12:8). When Moses refused to listen, the Lord told him: "Enough, speak to me no more of this" (Deut. 3:24-28).

4.4 When He says **NO** to us, be assured He has better plans for us. In Mk 5:18-19, Jesus sent the healed man who wanted to follow Him, back to his family and proclaim his healing.

5. The most difficult NO anyone has ever had to say, is running away from the cross. The grace of God makes us go on despite indescribable testing. At the agony in the garden, Jesus was almost ready to give up. But in the end, He followed God's will (Lk 22:42, Mt 27:42).

5.1 Let us say "**NO**" to temptation, whatever it will cost us.

5.2 We need to see to it that we do not refuse Him when He calls "Come" (Heb. 12:25).

6. No to sin (Rom. 6:12-14). Jesus said to the woman: "Sin no more" (Jn. 8).

Conclusion:

Let us turn our eyes on Jesus alone. Say **NO** to self, **NO** to satan/sin, and always **Yes to our Lord!**

Reflection:

1. Do these words describe your state of mind: exhausted, empty, or enslaved? What does God want you to prioritize?

2. When faced with a situation or decision, ask first: Is this your heart's desire? What will you do to be clear about your decision?

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