

## **Sermon Study | 6 Words that Can Change Your Life**

### **No | Nehemiah 6**

### **September 15, 2019**

*Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.*

**There is power in the word *no*, but it often gets a bad rap. Most of us don't want to let anyone down or miss an opportunity, so we say yes too often and for the wrong reasons. If we can learn to say *no* appropriately, we can clear space for God focus on what He has called us to do with our time.**

**Read Esther 1:12, Daniel 1:8, Genesis 39:6-8. The word *no* has the power to free us from some of the things that are robbing us. It can bring greater focus in our lives by clearing away unnecessary distractions.**

- How was the word *no* used in your home? How does that impact the way you use/don't use the word?
- How has the misconception that the Bible is a book that says *no* to anything fun impacted you?

**Read Nehemiah 6:1-13. Like Nehemiah, we experience distraction, peer pressure, and manipulation from people in our lives. We often get sidetracked from the mission God has given us because we can't bear the short-term pain of saying *no* to these people... and they know it!**

- Have you ever said yes to something you really wanted to say *no* to? Why?
- How could the phrase "I'm not available right now" change your life?
- What is your underlying motivation when you feel compelled to say yes to the wrong thing? Could it be approval, protection/preservation, fear of missing out, etc.?
- Who are those people you need to say yes to? Is Jesus at the center of it? Who do you need to say no to help those important relationships?

#### **REFLECT**

What is God saying to you through His word? How and when will you respond?

#### **DAILY BIBLE READING**

Need a review of what we're reading in Daily Bible Reading? Here's a glance at how we're being challenged this week.

**Day One: Esther 1:12, Daniel 1:8, Genesis 39:6-8 | No.**

**Day Two: Nehemiah 6:1-3 | Yes... but actually *no*.**

**Day Three: Nehemiah 6:4-7 | Manipulators.**

**Day Four: Nehemiah 6:8-9 | I'm not available right now.**

**Day Five: Nehemiah 6:10-13 | Stand firm.**