

WOMEN

March NEWSLETTER

“NO THANK YOU.” THE GUILTLESS PLEASURE OF SAYING NO

In a world filled with endless demands and expectations, using the full sentence of "No." can be a challenging task. As women, we can often feel pressure to always be accommodating and self-sacrificing as natural caregivers and support agents. However, learning to say "no" when necessary is not only healthy but also aligns with biblical principles and is a requirement for building healthy relationships, setting protective and supportive boundaries, and assisting with cultivating and maintaining a well-balanced life.

Jesus himself set boundaries during his earthly ministry, taking time to rest and pray away from the crowds, and away from his friends and family which surely requested his company or the necessity of his giftings consistently. Similarly, we need to recognize our needs and limitations as well and prioritize self-care and specified time by simply responding "no" when requested to commit when timelines don't support the request. Saying "no" to additional commitment asks or even emotional pleas can protect our physical and emotional well-being and also triggers us to remember to focus on targeted planning and goalsetting rather than relying on decision-making that is based on desperation or distress. This allows us to serve God and others more effectively when we do say "yes".

Overcoming guilt that can be associated with saying "no" requires an elevation of faith in the power that God has given you to determine what is best for you based on His plan, His Word, and His promises to you. Trusting in God's plan and understanding that your worth is not determined by your ability to please everyone but simply by what God has pre-determined you to be. Learning to prioritize our time and energy is a valuable skill that in some cases needs to be learned and practiced. So have patience with yourself, and just say "no".

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Mathew 5:37