

# enough enough enough enough

## life changing words

# the message connect

## help help help help help help help help

# thanks thanks thanks thanks

The Message Connect is a devotion that goes deeper into Sunday morning's message, intentionally connecting it to our lives throughout the week. Through a 15-20 minute video and discussion guide, we challenge everyone to go deeper in their faith because we believe growing people change for God's glory and their God-honoring life purpose.

## WEEK THREE: NO

Go online to [ringgoldchurch.com/themessageconnect](http://ringgoldchurch.com/themessageconnect) to watch this week's Message Connect video.

### Key Scriptures:

Nehemiah 6

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.

### Next Steps:

**1. Start Talking.** Find a conversation starter for your group.

When have you ever felt intimidated by someone, and how did it make you feel?

What would you tell a child who was being picked on by a bully?

**2. Start Thinking.** Ask a thoughtful question.

What did you learn about God from the message this week?

**3. Start Sharing.** Here are questions to help you dig deeper into God's Word.

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?

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?

**4. Start Praying.** Be bold, and pray with power.

Take some time to pray over identified action steps and life issues. Pray that God would continue to actively grow and mature you in Christ.

**5. Start Doing.** Commit to a step and live it out this week

What is God saying to you through his word? What are you going to do about it, and when?

For more information about taking the next steps in your faith, visit: [ringgoldchurch.com/nextsteps](http://ringgoldchurch.com/nextsteps).

### LET OUR PASTORS LEAD YOUR DISCUSSION.

Our Pastors have created The Message Connect video for the *Life Changing Words* message series. Go deeper and wider in your faith walk with us by going to [ringgoldchurch.com/messageconnect](http://ringgoldchurch.com/messageconnect).