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MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking then choose the questions that work best for your group.

Five Words That Can Change Your Life

NO

Week 3

ICE-BREAKER:

Have you ever said *yes* to something you really wanted to say *no* to? What was it?

DISCUSS:

How was the word *no* used in your home? How do you think this impacts the way you use or don't use the word?

What is your underlying motivation when you feel compelled to say *yes* to the wrong thing (approval, protection/preservation, fear of missing out, etc.)?

Who are those people you need to say *yes* to? To whom do you need to say *no* to help these important relationships?

READ: Nehemiah 6:1-13

Do you have any Sanballats in your life?

In what ways is Nehemiah a good example for us to follow?

How can you prevent yourself from being distracted from the work God has given you?

How could the phrase "*I'm not available right now*" change your life?

APPLY:

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

Let's get specific: What are some things that I need to say *no* to so that I can say *yes* to God, *yes* to people, and *yes* to the things that matter most to me?

What can you do to prepare yourself for the next time someone tries to influence you through intimidation?