



Month: September 2011

Scripture: Luke 10:19 Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy.

Food for thought: The “NO” word

I don't know about you but I got tired of living in conflict over trying to do it all? I wanted so much to learn to say no without guilt and yes without sacrificing my sanity. The truth is I needed to let go of being a yes-woman so I could be a woman who truly knows how to put first things first and that included occasionally using the word no...it took me time but I got there and getting better at using the word especially to the devil!!

How did I do it....well, it began when I realised how easy it had been for me to say "No!" quite well when I was two years old. So how and when had I lost that confidence or was that down to it being a two-year-old's job to say "No." Many of us grow up to be people pleasers from there on. Sometimes people pleasers are expected to fulfil a need or a request that hasn't even been made and I know from experience that people pleasers step in and take responsibilities that aren't theirs to begin with. To stop being people pleasers, you need to figure out where healthy boundaries begin and end. That means saying no without feeling guilty.

I exercised the power of choice and started practicing saying no without feeling guilty. To stop being a people pleaser, I needed lots of practice! I came to realise saying no fits in with drawing boundaries, having margins and good self-care, which I desperately needed. All three became quite important for me to ultimately live my life in a way where I didn't feel overwhelmed and I really did not want to over commit and over extend myself.

The truth is you do not have to over explain or defend yourself when someone comes to you with a request that you know you do not have the time or energy to fulfil. The important thing is to be honest with them about your time commitments and your need to set boundaries in your life. Actually I realized that over time saying yes to every request made me feel **negative, obligated** and **lead to resentment**. Not good!! So I **simply learnt to say, “No” to people with grace**.

However there is one who does not need your graciousness-the devil! I mean when it comes to satan's tricks and temptations throw diplomacy out of the window and shout a big, firm “NO” Saying "No" is a form of resisting the devil... and if you mean it and cultivate the habit of rebuking him, just like the pathetic, little, ugly wimp he is, he'll run away. The more you win the battle of temptations, the better and stronger your faith will be.

So I leave you with this: Exercise the power of choice and start practicing saying no graciously to your family & friends without feeling guilty. To the devil shout out “NO” to sickness & disease, no to stealing, killing & destroying, no to sex before marriage, no to fornication, no to peer pressure, no to lust, no to cursing, gossip & slander and the list goes on and on....

So no more condemnation...just say the word! NO.

Love

Mercy