



Every day we are faced with decisions, and some of those decisions will be major crossroads in our life. The question is, are we ready to make the right decisions and say no when we need to? Because, behind every wise no, is a better yes.

Discussion Questions

1. What are some of the things you've said no to over the years? What is something you didn't say no to that you wish you would have?
2. **Read Psalm 78:70-72.** What does it mean to have integrity of heart? What will it take to start growing a heart of integrity?
3. What are the most important relationships in your life? Are you intentionally investing in those relationships, or have you been over-filling your schedule and just giving them the left-overs?
4. Discuss the phrase "behind every wise no, is a better yes." What do you need to say no to this week that will make room for you to say yes to something better?

Challenge

Challenge yourself to get better at saying no. Focus on what's the most important—your inner circle of relationships, your integrity, and your calling in life. Have a friend help keep you accountable in the area of saying no, giving you wisdom when you're unsure about a decision.

Commit to Memory

Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. **Psalm 86:11**