

THE *Big 3*

EPISODE: 180

TITLE: How To Say NO and Get Out of Bad Commitments

Whether caused by fear of man or the fear of missing out (FOMO), most of us need to learn to say “no” a whole lot more often.

Here are 3 things to believe and consider before saying “yes” to someone...

1. **Knowing your priorities and what’s truly important to you makes it easier** to say no to opportunities that are out of alignment with those priorities. Consider the trade-off. If you say yes to this, what are you crowding out of your life or actually saying no to by making this commitment? Time with family, kids... God?
2. **God loves you unconditionally regardless of what you do... or don’t do.** Truly believing that your glorious and gracious Father loves you completely lessens the fear of what others may think of you if you say “no” to them. Remember—He loves them too and can lead them to another person or solution to meet their need.
3. **Be honest and firm about why you have to say no... or back out of a commitment.** Don’t leave half-open loops of “maybe” or “I’ll have to see...” You don’t have to apologize for saying no to someone. Just like you have a choice whether to commit, they also have a choice on how they will respond to your answer. Be honest and leave them—and your decision—in God’s hands (and then remember #2 again!).

In light of today’s topics, you might find these posts and videos helpful:

- [Want to Stop Sinning? Here's How to Get Started](#)
- [How to Talk About Politics Without Being a Jerk](#)

Thanks for listening... we’ll see you in the next episode!

Caesar & Heath

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