

WHEN IT'S MORE THAN OK TO SAY NO

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LOCAL
CHURCH
LEADERS

Whether you've been a saint in church for two months or twenty years, you undoubtedly have been asked to work on one church project or another, and you have said yes time and time again. Most times the word is said before you even think, "Was that me? Did I just agree to bring two fully cooked turkeys to the benefit dinner?" And you know your goose...er, turkey...is cooked.

We all do it, overuse the yes-word, thinking our very ministry will be judged by the faster we say yes. Hear me out: you can, and sometimes should, say no or "no thank-you." Just be sure to say it with a smile, but learn to say it. Being the "yes person" doesn't always align with a healthy ministry. Say it with me: No. Such an unnatural feeling! But you can do it! As a Hyphen leader you are a living representative of your ministry. There is more than one way to be a witness, not only to those you work with but in your own church. Some of the best witnesses are the silent ones. Your actions are being watched and are heard loud and clear.

Proverbs 17:28 (The Message) says, "The one who knows much says little; an understanding person remains calm." So calmly say no. I write that with a smile on my face because I think it's the hardest piece of advice I've ever received. Is it better to overcommit and fall short or give your attention to specific obligations and in return give those choices the time they deserve? There are events that anyone can do well, but there are few people who can make the commitment to have coffee with a Hyphen member or take him or her out to eat. You have to make time. If I'm too busy to listen and connect, then I am too busy. I am often asked, "How do you do it all?" It's really simple; I don't. This has come after years of saying yes and failing. I've had to learn to say no and be OK with the results. They haven't always been positive, but I've learned to trust that the people in my life will think the best of me and my choice. I always enjoy the "how" section in articles, so here's mine.

How and What to Say No To

1. Say no to a commitment that will take you away from the peace and quiet of a night at home.
2. Say no to the extra dinner invite that will keep you from having a nice devotional either at home or in the new coffee place you've been meaning to try.

Say no to guilt. Guilt is the killer of joy. In this area of your life feeling guilty will consume your emotions and turn them into resentment against the very thing you love to do, which is ministry.