

Even Jesus Said No!

Ice Breaker: How much money would you be willing to pay to buy a couple of more hours on those days when you're running out of time to get everything done?

BIG IDEA: Saying 'no' is a *discipleship* issue. It's part of what it means to follow Jesus, who also had to say 'no' to a lot of things – so that He could keep saying 'yes' to what His Father was calling Him to do.

Digging Deeper:

Read the following examples in Scripture where Jesus said no to people, requests, and invitations:

- Mark 5:18-19
- Luke 4:42-44
- Luke 12:13-14
- Matthew 12:38-39
- Luke 9:12-13a
- Matt 8:21-22
- Luke 19:39-40
- John 11:3-6
- Matt 20:20-23
- Luke 9:54-56
- Acts 1:6-7

- 1) What do these Scriptures tell us about Jesus? What does this mean for those of us who are seeking to follow Jesus?
- 2) Who or what are the people, activities, or things that you have the most difficulty saying no to? Name them. Ask each other why it's so difficult to say no to them. Are you concerned about their opinion of you? Are you afraid of appearing lazy? Are you concerned you might miss out on something fun? Get honest with each other.
- 3) Reflect and respond to this quote from Brennan Manning: "Because of our suffocating need to please others, we cannot say no with the same confidence with which we say yes. And so we overextend ourselves in people, projects, and causes – motivated not by personal commitment but by the fear of not living up to others' expectations."
- 4) Pray for each other to say no when you need to. Not just in order to guard yourself from becoming busy, but as a means of following in the footsteps of Jesus, who also needed to say no – so He could keep saying yes to His Father's will.