

# THE POWER OF THE WORD

# NO!

By: Fountain Hendricks

(Proverbs 22:3)

Your life could of been easier if you've learned how to say **NO**. Saying **NO** may disappoint some people temporarily. However, it will benefit you greatly. Saying **NO** may force you to walk by yourself. However, it will also give you peace.

Saying **NO** may cause you to be mocked yet, it will protect you from getting hurt. When you have a hard time saying no you will likely become abused by strangers, mishandled by family members, used by the church, taken for granted by the job and disrespected by your peers.

IF YOU SAY YES TO EVERYTHING YOU WILL NOT  
STAND FOR ANYTHING.

IF GOD NEVER TOLD HIS CHILDREN NO WE  
WOULD NOT HAVE ANY RESPECT FOR HIS  
AUTHORITY.

## ESTABLISH YOUR RESPECT

People do not respect individuals they can control.  
People will **NOT** respect you when they cannot hear your  
voice. Learning how to say **NO** will magnify your  
standards, beliefs, philosophy and values to other people.  
Saying **NO** will emphasize the power of your voice more  
than saying yes.

Depending on the situation, when a person says yes to  
something it usually generates happiness. However, when  
a person says **NO** they will **DRAW ATTENTION** to

themselves. The word **NO** is **NOT** a submissive word. It is an **AUTHORITATIVE WORD**.

Anytime you say the word **NO** you are **FINALIZING** your point, opinion or thought. Respect is not given. It is earned. The easiest way to earn respect is to learn how to say **NO**.

**YOU ARE NOT A MEAN PERSON FOR TELLING  
PEOPLE NO. YOU ARE A STRONG PERSON FOR  
TELLING PEOPLE NO.**

## IMAGINE WHAT YOU CAN AVOID

Proverbs 22:3

Proverbs 22:3 tells us that wise people see danger ahead and avoid it. When you **AVOID** something you are **PREVENTING** it from occurring. Prevention will require you to say **NO**. Imagine how much trouble you will avoid if you said **NO** to foolish invitations.

Imagine how much money you will save if you said **NO** to impulsive purchases. Imagine how peaceful your life would be if you said **NO** to argumentative people. Imagine how happy your life would be if you said **NO** to negative people.

If you want to know why wise people's lives get better as time goes on it is because they are willing to say **NO** to the things and people that are **NON-EFFECTIVE, NON-PRODUCTIVE** and **NON-BENEFICIAL**.

The word **NO** is powerful. You need to use it to your advantage. Here are seven benefits of saying **NO**.

- People will know how far they can go with you when you tell them **NO**.
- You will **AVOID** many hardships when you say **NO**.
- You will make people **RESPECT** you when you say **NO**.

- People will know your standards without you explaining it when you say **NO**.
- You will **DECREASE** unnecessary stress when you say **NO**.
- You will subliminally teach people your limitations when you say **NO**.
- You will find it easier to manage your life when you say **NO**.

You are not powerless, you are powerful. When you learn how to use your power demons cannot prevail against you. The more wisdom you attain, the more powerful you become. Lady Wisdom will make you great. Proverbs 4:8 says, "*Treasure Wisdom and it will make you great.*"

**“IF YOU LEARN HOW TO SAY NO PEOPLE WILL RESPECT YOUR STANDARDS.” - F.H**

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