

Sunday, October 14, 2018



**NO**

### **How to use Talk It Over:**

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

### **Key Questions:**

- Where in your life do you need to say no, but don't?
  
- As you look at your life, and the places you haven't said no...what is the result? Can you change that? If so, how? If not...what might you do different?
  
- Where do you use "no" to build walls? Keep others out? What might happen if you let down those walls, let others in?

### **Reading for this week:**

**Monday:** Matthew 5:33-37

**Tuesday:** 2 Timothy 1:7

**Wednesday:** Ephesians 4:25-29

**Thursday:** 1 Corinthians 10:13

**Friday:** Matthew 6:25-33