

How to Say No



to the Emotions That Compete for Control



ENVY



The comparison trap leads us to measure our own success based on everyone else's success.



Look to others for inspiration, not imitation.



NEXT STEPS

What, or who, is the source of your comparing and competing?



GUILT



Guilt makes us feel that we will always be indebted to someone for what we did.



My past will remind me, not define me.



NEXT STEPS

Is someone from your past waiting for you to say or do something?



ANGER



Anger shows up when we're not getting what we want.



Silence anger with humility.



NEXT STEPS

What would it look like to practice humility in a situation that typically angers you?



FEAR



Fear robs us of opportunities and interferes in our relationships.



A life following Jesus isn't a fearless life; it's a life beyond fear's control.



NEXT STEPS

In which area of life do you wish you could fear less? What would you need to do?