

# 9 Questions that Will Empower You to Say “No” without Guilt

Does this truly need to be done or is it a distraction?

If I say yes to this will I be resentful?

If I say yes to this, what will I be saying no to?

If I say yes to this, am I taking the spot of someone else who is created and called for it?

Am I trusting God can meet this need even if I’m not the one who does it?

Is fear of how someone will react determining my decision?

Am I the one to do this or am I just supposed to connect this person to someone else?

Am I answering intentionally or impulsively?

Does this fit with who God has created me to be and what He has asked me to prioritize in this season of my life?