

The Wisdom to Say No

Scripture:

Above all else, guard your heart, for everything you do flows from it."
— Proverbs 4:23 (NIV)

Devotional:

Saying "yes" feels good — we want to help, support, and show up for everyone. But wisdom sometimes whispers a holy word that's hard to say out loud: no.

"No" doesn't make you selfish.

"No" doesn't mean you've failed someone.

"No" is often the doorway to peace, balance, and obedience.

Wisdom doesn't just tell us what to do — it shows us what not to take on. When we stretch ourselves too thin, we pour from a place of depletion. But God's wisdom helps us set boundaries, protect our peace, and guard our hearts — not out of fear, but out of discernment and faith.

Jesus Himself withdrew often to pray. He left crowds. He said no to urgent demands because He was saying yes to the Father.

Journal:

Where do I feel stretched — and what is God asking me to release?

Prayer:

Lord, help me know when to say yes — and when to say no.

Teach me to guard my heart with wisdom, not guilt.

Show me where to set boundaries, so I can follow You more freely and love others more faithfully.

Help me trust that "no" is a full sentence — and that Your peace often follows obedience.

In Jesus' name, Amen.