

# You Can't Say No To Anything, Until You've Said Yes To Something Greater"

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Proverbs 23 "Restraint"

## SUMMARY:

Nancy Regan coined the phrase in the 1970's, "**JUST SAY NO.**" This was her answer for the war on drug abuse. We've learned that it's a lot more complicated and involved than, "Just Saying No." The bottom line is we can't overcome any sin on our own. The 1<sup>st</sup> three steps of "AA" paraphrased are, 1.) **I Can't**, 2.) **He Can**, 3.) **I Think I'll Let Him**.

We need God's power and help to restrain ourselves from sinning. We can't do it alone. He wants to help us if we'll only ask, and turn our lives over to Him. God desires to have a closer and deeper walk with us. Sin keeps us separated from Him! When God delivers us, we then have a responsibility to carry His message of hope to others!

## NOTES:

## DISCUSSION POINTS:

**Introductory Question:** What do you have trouble saying "**no**" to? (Weaknesses?) What keeping you separated from God? How dependent are you on God each day of your walk with him? (on a scale of 1(low)-10 (high)).

**Discussion:**

- Have you ever judged others for **their** sins? Talk about it!
- What can you intentionally do to make your walk with God a closer walk?
- Have you said "**yes**" to something greater?(**God**)

## APPLICATION:

In the next week get with a trusted and honest friend (an accountability partner) and take a spiritual exam. Ask God to reveal the areas of your life you can't see that you may still be disobedient! Ask the friend to challenge you with the following question. "What are you willing to do or, "**GIVE UP**" to improve your walk, and personal relationship with God?" Share your spiritual awakening, or testimony with an unsaved person, and invite them to Huddle before the end of this semester..

## ON YOUR OWN...

**Please Read & Meditate On The Word:** (Proverbs 23)

Reflect on Proverbs 23:29-35

Romans 7:15-24	II Cor. 12:9
Mark 10:51-52	Is. 12:2
Rms.12:1	Is. 30:15
Is. 55:6	Phil 4:13

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