



## THE MOST DIFFICULT WORD IN A MINISTER'S VOCABULARY

J.J. Turner, Ph.D. ©

Ministers' are rarely lost for words. But there is one word that is very difficult for them to utter. It is not a Greek, Hebrew or Aramaic word; it is a two-letter English word. It is the word NO!

A few years everywhere you looked you saw these three words, "Just say no." Just say no to drugs. Just say no to pre-marital sex, etc.

Why do ministers have difficulty saying NO?

*"If I say no, I feel like I am neglecting my ministry."*

*"If I say no, God will not be pleased with me."*

*"If I say no, I will let the members down."*

*"If I say no, people won't like me or invite me."*

*"If I say no, my influence will be diminished."*

*"If I say no, I will be a poor example."*

*"If I say no, I may regret it later."*

NO, when properly used, is a major way to reduce stress and prevent burnout. Here are a few tips on how to say NO gracefully and honestly:

*"I'm sorry but I will not be able to attend."*

*"I'll have to take a rain check on your offer."*

*"I must say no, but thanks for the offer."*



*"I would love to, but I can't right now; maybe later."*

*"No thank you."*

*"I have a full schedule and must say no."*

*"Thank you for inviting me, but I must say no."*

*"I'm too tired now; no thank you."*

*"I am swamped right now; maybe later I'll have time."*

*"I'm sorry. I made a mistake. I already have an offer."*

There is nothing wrong with saying no, as long as it is said in honesty. In order to reduce stress and avoid burnout a minister must learn how to use NO as a tool. Remember, God said no to His Son when Jesus asked that the cup be removed.

These three words are still powerful: JUST SAY NO!