

It's Not My Fault Small Group Study – 8 Sessions

Session 6: You Can Learn to Say No

Dr. Townsend shares an inspirational story about a family who refused to become victims, despite the overwhelming obstacles they faced. No matter what your circumstances, you must be the guardian of your own life. This means being able to say no to fears, discouragement, criticism, and distractions—and toxic people who don't take responsibility for their own lives. Learn how to say *no* to negative forces, and *yes* to the dream God put in your heart.

Small group discussion questions:

1) What opportunities have I lost because I didn't say no?

2) Is there something I should say no to now that will help me be a better guardian of my life?

3) Which of these principles will help me the most if I put it into action?