

Learn to Respect the “No” Answers of Life

When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. ([Acts 16:7](#))

Typically, we don't like hearing “No” – yet we hear it often in life.

Children hear it when grabbing cookies before dinner or watching television past bedtime. Teenagers hear it when asking to drive or asking someone to the prom. Young adults hear it when applying for a job, proposing marriage, or buying a house. Older adults hear it when caught speeding, booking an over-sold flight, or seeking an elusive promotion. Even aged adults cannot escape the “No.” The time comes when they can no longer drive safely or when they plead with doctors for additional options for terminal illnesses.

Unfortunately, we've lost respect for the underlying reasons of “No.” Granted, sometimes a “Yes” is much more gratifying. However, even an affirmative response can still bring negative consequences. For example, if your dad said, “Sure, son, go ahead and stick that key into the electrical socket,” you will probably wish he hadn't granted your desire!

Respecting the Protection of “No”

There are trustworthy reasons behind “No” when it comes from a loving and protective source. Instead of rebelling against it, learn to embrace it and trust our sovereign, loving [God to orchestrate the events](#), circumstances, and outcomes of your life—even when He says, “No.”

Just as a loving parent knows a child needs proper nutrition and rest—and protection from dangerous desires—our Heavenly

Father knows what is best for us.

A “No” to your marriage proposal may be God protecting you. The person in your sights may be unhealthy, untrustworthy, or incompatible with your life purpose. A rejected real estate contract may be God keeping you from financial disaster. The property you want to buy may be a money pit or in a potentially bad neighborhood with unforeseen depreciating values. Not being granted a desired promotion may be God safeguarding you against longer hours or work addiction.

When you fully trust God’s sovereign control over your life, even His negative responses have purpose. Usually God’s “No” signifies a far greater “Yes” on your horizon. In time, you will understand He is reliable, loving, and intentional in His design and direction for you.

Learn to respect the “No.”