

## Week 2: Let Your Yes Be Yes

**Series:** Redeeming Your Time

**Key Verses:** Philippians 4:6–8; Psalm 46:10; Matthew 14:13; Luke 5:15–16

**Speaker:** Dr. Justin Hardcastle

**Big Idea:** As we look to the life of Christ for principles of time management, we notice that Jesus always ensured his “yes” was “yes,” from the smallest to the biggest commitments. He also fought to block out noise and create room for silence, stillness, and reflection, which we see all throughout the Gospels as he retreated to “lonely places.”

**Last week, we started a 5-week series called *Redeeming Your Time*.** In Ephesians 5:15-17, God commands us to “*redeem the time*.” Why? So that we can do “*the will of the Lord*.” Like with everything else in our lives, God has provided us with the *perfect* example in Jesus Christ. However, as Hebrews 4:15 reminds us, “we do not have a high priest who is unable to empathize with our weaknesses.” Failing to do the things you say you’re going to do is a much bigger deal than letting something “slip through the cracks.”

### What does scripture say about commitments?

- **Read: Philippians 4:6–7**
- Paul is saying that part of the solution to our anxiety and stress is clearing our minds of concerns and requests, in this case through prayer.
- We need to let our “yes” be “yes” in order to follow Jesus’s command and example *and* to reduce our anxiety and stress.

### Dissent from the Kingdom of Noise

All of the noise in our lives limits our ability to “redeem the time” in 5 ways:

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### Dissent from the Kingdom of Noise

All of the noise in our lives limits our ability to “redeem the time” in 5 ways:

**#1: Noise limits our ability to \_\_\_\_\_**

**#2: Noise limits our ability to be \_\_\_\_\_**

**#3: Noise limits our ability to cultivate \_\_\_\_\_**

**#4: Noise limits our ability to be at \_\_\_\_\_**

- **Read:** Philippians 4:6–8
- Paul is saying we shouldn't be anxious, and instead present our problems to God in prayer.
- Why does Paul make this list?

**#5: Noise limits our ability to listen to \_\_\_\_\_**

- We hear God's voice when we read his word.
- When we read and study God's Word, we hear his voice, but it takes silence and reflection to *listen* to his voice and connect his Word to our lives.

**Ask Yourself These questions:**

- *In what ways am I allowing the noise to enter my life?*
- *How can I limit the noise in my own life?*
- *Am I taking time to stop and listen to the voice of God?*

**What Is God Speaking to me today?:**

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