

YOUR SUPERPOWER

Love with Limits: The Power of NO

NO is a Holy Word

Ephesians 4: 1, 2, 29, 31; 5:3(NIV): "... I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love... ²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up... ³¹ Get rid of all bitterness, rage and anger... But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people."

"The difference between successful people and very successful people is that very successful people say no to almost everything." Warren Buffett

"Boundaries are a litmus test for the health of any relationship." Dr. Henry Cloud

Empathy without boundaries is not empathy-- it's self-destruction." Brene Brown

Lose You to Love Me

"You can't set good boundaries unless you are clear about your identity." Dr. Henry Cloud

Identity is the Root of Boundaries

Ephesians 4:24(NIV): "... put on the new self, created to be like God in true righteousness and holiness."

Matthew 23:26(NIV): "First clean the inside of the cup and dish, and then the outside also will be clean."

1 Samuel 16:7(NIV): "But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'"

Extrinsic Motivation: Motivation that comes from external pressure, like rewards, punishments, praise, fear, or threat.

Based in:

- Fear of consequences
- Desire for approval
- Pressure to conform
- Avoidance of guilt or shame

Short-term effects:

Can produce immediate action

Easily leads to burnout, anxiety, resentment

Depends on someone watching or enforcing

Extrinsic motivation triggers your amygdala which undermines relationships, reduces empathy, makes us defensive, and prepares us to protect rather than connect.

Intrinsic Motivation: Motivation that arises from within — from your values, sense of identity, purpose, or joy in the task.

Based in:

- Identity and self-awareness
- Love, compassion, and truth
- A sense of purpose or calling
- Internalized values and beliefs

Long-term effects:

Lasting change and integrity

Greater joy, health, peace

Doesn't require external pressure

Intrinsic motivation activates your prefrontal cortex which enhances our decision-making process, increases our empathy, logic, emotional regulation, curiosity, respect, all of which builds lasting connection.

The Bible isn't a list of commands-- it's an invitation to discover who you really are.

The Three Most Common Identity Traps

What I DO

What I Have

What I Crave

Saying 'NO' is how you say, I know Who I am.

Your desires are very loud, but they don't define you-- your 'NO' does.

Matthew 16:24(CEB): "Then Jesus said to his disciples, 'All who want to come after me must say no to themselves, take up their cross, and follow me.'"

Genesis 6:2, 4(NLT): "The sons of God saw the beautiful women and took any they wanted as their wives... In those days, and for some time after, giant Nephilites lived on the earth, for whenever the sons of God had intercourse with women, they gave birth to children who became the heroes and famous warriors of ancient times."

Stop following rules. Start following the One who reveals who you truly are.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.