



## UGFE MINISTRIES

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December 1, 2005 – Volume 3, Edition 6-12 –  
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### Lead Article The Power of “No”

Sometimes in life we discover that the smallest things can be the most powerful. So, it is so easy to miss the value of such a small word, “no,” and how impacting it can be in our everyday lives as followers of Christ. I pray that this message brings you deliverance from the guilt so often found in using the word “no” and gives you the strength to use it at all times that it is appropriate. Let’s go to scripture.

**Matthew 5:37** (NIV) – *Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one.*

**James 5:12** (NIV) – *But above all [things], my brethren, do not swear, either by heaven or by earth or by any other oath; but let your yes be [a simple] yes, and your no be [a simple] no, so that you may not sin and fall under condemnation.*

Looking at these scriptures teaches us, or reminds us of the danger of having “gray area” in our lives. The following scripture also confirms the issue of being in “gray area,” which is also referred to as “straddling the fence.”

**Revelation 3:16** (NIV) – *So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.*

In Christ, and following righteousness, we are told to be firm in our stance, unwavering and secure, just as Jesus is security and truth. Thus in our communication, we should also do the same. The scriptures tell us to be simple in our answers because in not doing so, they lead to evil. How? Let’s look at examples.

If someone asks you to do something you don’t want to do, you should answer, “No,” firmly and move on. If you get into telling them you’ll think about it, and then they manage to talk you, or GUILT YOU, into doing it, then you will develop bitterness in doing the task, which would not be honoring to God. It could also just cause additional animosity from the simple pressure caused by the requestor. A perfect example of that is found with door to door salespeople. When you choose to be “nice” by entertaining their sales pitch, acting like you are actually considering it though knowing that you don’t want to buy what they are selling, you then try to say no thanks and they keep pushing as if they don’t understand it now. Then you find yourself in a frustrating situation that could have been avoided by simply saying “No!” from the start. And, you both end up angry at each other because of it.

Please know, for your own sanctity, sanity, and peace inside, that there is nothing wrong with saying “no” to a request that you don’t feel like doing, but rather the door to sin is opened by not doing so, as then your response becomes dishonest before God. The truth is what sets you free though. Therefore, do what

is right and stand firm on your answers from the start, and say “no” when you need to do so.

Likewise, if you get offended when someone tells you “no,” there is no reason to be offended. It is better that they tell you know so you can do it yourself or find someone who will do it right, than to pressure them to do it and it gets half done. It would also be immature to sit and pout, or get upset, because someone disagrees with you and/or refuses to do what you want – just as with the child who throws a tantrum when he can’t get his way. There is nothing wrong with saying no, or being told no; in fact, it is righteous for this if/when done in love and honesty. It is the command of God.

I pray that you find this truth as a blessing to your soul and a comfort to your conscience. I pray that you no longer permit yourself to be held in guilt for being honest, and saying the word “no.” I pray that you release the thorns of resentment for receiving an honest answer of “no” when it is given. And in all, I pray the love of God to ever-abound in your heart in all circumstances, in Jesus’ name.

Amen.

By the grace of God,

Kelvin

### **Health Tips**

#### **1 Corinthians 3:16**

The health tip this time is simple and straight to the point, and especially important for the winter season. Take your vitamins! Simply take your vitamins!

During the winter, as a result of less healthy crops being sold, as well as other weather and social factors, we tend to become more prone to getting sick and becoming weaker. It is more difficult to exercise and take care of our bodies as well. During these times, though important year round, it is essential to stay healthy and the best way to do so is by supplementing your diet with good multi-vitamins. These will help restore the nutrients that are lacking and keep your immune system

healthier in the process to better prevent sickness. So with that, get your vitamins, and stay healthy!

*Disclaimer: You should always consult a physician before beginning any fitness program. This ministry will assume no responsibility for any injuries or trouble caused by this fitness information. Practice at your own risk. The writers only present you with information, but are not and do not claim to be licensed physicians nor personal trainers.*



### **UGFE MINISTRY INSTITUTE**

It is about that time again to offer the honorary Doctorate of Christian Leadership award to someone who has shown outstanding leadership in the kingdom of God. If you know of someone who should be awarded with this prestigious honor, please contact us and tell us about him/her. You can find information about previous recipients at our website.

Also, if you have some Christian ministry teachings you’d like to feature on our site, please let us know as we seek to continually expand our Biblically-inspired library with more teaching resources for those who enjoy the study of the Word.

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### **Prayers**

As always, we seek prayer for this ministry that it may only grow in doing the Lord’s will according to His desires.

We ask that you pray for all of the silent requests that we have and receive here at this ministry, including those ministries in covenant with us from overseas.

We also ask that you pray for a friend, Sister Anita, who was diagnosed with brain cancer, that God shall completely heal her soon.

Finally, if you have any prayers that you'd like to add to our prayer list, please feel free to send them to us, or post them on our prayer board online, on our website.

### Announcements

- Pastor Broadus has completed his debut "Positive Rap" CD, "I Had To Do It", preparing for a release date of 1/1/06, as well as other projects coming forth soon from his freelance efforts.
- As always, Pastor Broadus is accepting speaking engagements and youth rallies, contact us for availability.

### Contact

If you would like to contact us, please visit our websites at:

UGFE Ministries

<http://churchugfe.freesevers.com/>

<http://www.ugfe.org/>

UGFE Ministry Institute

<http://ugfe.faithweb.com/>

Email: [church@ugfe.org](mailto:church@ugfe.org)

Please mail all correspondence to the following address.

UGFE Ministries

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### Support

Consider becoming a financial partner or sponsor of this awesome evangelistic ministry. We have a great work set before us to do for the kingdom of God, and through the support of such faithful members and partners, can continue to carry this work to those who are in need. If you'd like to support this ministry in any way please use the previously listed contact information. You can send monetary donations via check or money order to the address above. We will provide you with a receipt of your

donation upon request. Your financial support will be utilized for the following purposes.

- **Homeless Relief Outreach** – this is our outreach to the homeless, with a goal to provide care packages including tents for shelter, water, non-perishable food items, toiletries, sleeping bags, Bibles, and other essential items to improve their living.
- **Evangelism/Crusades** – we desire to be able to carry the gospel to the world through independent crusades, such as tent revivals around the country.
- **Media Ministry** – we shall use the different medias (television, radio, print, etc.) to deliver the message of the gospel to the world in their own comfort zones. This shall be done through purpose-driven commercials on the secular television and radio stations, not that advertise our ministry, but rather that focus on promoting righteousness through portrayal of it.
- **Benevolence** – just as throughout history, tithes and offerings were taken up and stored to help the poor and needy, we also desire to be able to give to those in need to assist them with emergencies. Rather than focusing on building up our facilities beyond actual need, we should be also building up the people, who make up the true body of Christ.
- **General Maintenance** – lastly, your support will allow this ministry to be able to maintain its vision, helping to cover the costs associated with the website, printing of newsletters and various outreach supplies, as well as to enable the needs of all of the various outreach expenses.

With that, consider being a blessing to this ministry today, and may the Lord bless you abundantly – pressed down, shaken together, and running over.

By the grace of God,  
Kelvin

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