# Learning to Say No: Healthy Boundaries for Teens



Discover how to say no with confidence by following Jesus' example, avoiding unhealthy distractions, and embracing healthy boundaries.





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#### Introduction

Why is saying "no" so difficult? Many teens struggle with people-pleasing and overcommitment, often finding themselves overwhelmed by things that distract from what truly matters. It's important to remember that saying no is not selfish—it's an act of wisdom and self-care.

Jesus Himself shows us the power of setting healthy boundaries. Throughout the Gospels, Jesus often withdrew from crowds and demands to pray, rest, and focus on God's calling. His example teaches us that saying no to some things opens the door for saying yes to what is truly good and life-giving.

In this 3-day study, you will learn biblical principles for saying no without guilt, honoring yourself and God, and maintaining a balanced life. We'll explore Scripture that encourages wise decision-making, provides strength to stand firm, and offers rest when you need it.

Get ready to embrace freedom from the pressure to overcommit. This journey will help you protect your time, energy, and heart so you can grow in faith and joy. Let's discover how God's grace empowers you to say no—and to say yes to His best for your life.

















#### Your Verse

Matthew 16:24 – "Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

#### **Supporting Scriptures**

- Galatians 5:16 "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."
- Proverbs 4:25 "Let your eyes look straight ahead; fix your gaze directly before you."







#### Devotional: Embrace Saying No to Follow Jesus

Jesus' call to deny ourselves is a challenging one, especially for teens feeling pressure to say yes to everything. But what does it really mean to deny ourselves? It means learning to say no to distractions, unhealthy habits, and the temptation to please everyone at the expense of your soul. Jesus invites you to take up your cross, which can include saying no to things that pull you away from God's path.

By practicing saying no, you exercise spiritual discipline. Instead of following every impulse or request, you anchor your decisions on God's leading. This protects you from overcommitment and exhaustion.

Try this today: When you're tempted to say yes out of fear of disappointing others, pause and ask God for strength and clarity. Remember, saying no is a way of following Jesus' example of focused devotion and courage. Setting boundaries is a way to honor God and yourself.







## Reflect and Apply

	What are some things you say yes to that make you feel overwhelmed or distracted?
2.	How can following Jesus' example help you decide when to say no?
3.	What fears or pressures arise when you think about saying no to others?







## **Journaling Prompts**

List three situations where saying no could protect your time and energy.
Write about a time you said yes but wished you had said no instead.
Describe how saying no can help you grow closer to God.







## **Prayer for Today**

**Dear God,** thank You for showing me through Jesus that it's okay to say no. Please give me courage to set healthy boundaries and wisdom to know when to say yes and when to say no. Help me to trust Your plan above people's expectations and fill me with peace when I face pressure. Teach me to honor You with my choices today. *In Jesus' name, Amen.*  $\bigwedge$ 

















#### Your Verse

Mark 1:35 – "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: Resting Like Jesus: Power in Pausing

Jesus modeled the importance of rest and solitude. Even with crowds pressing in and many demands on His time, He chose to withdraw for quiet prayer and reflection. This teaches us the value of stepping away from distractions to recharge spiritually and emotionally.

Many teens today are busy, juggling school, friends, social media, and activities. It's all too easy to say yes to everything and neglect rest. But real strength comes from pausing, praying, and focusing on what truly matters.

Today, practice setting aside time for stillness with God. Say no to nonessential tasks or distractions for a while. Use this space to pray, breathe, and listen. You'll find clarity and peace that empowers you to face your commitments with a rested heart.







## Reflect and Apply

1.	How often do you make time to be alone with God in quiet?
2.	What distractions make it hard for you to find rest?
3.	How can saying no create space for spiritual renewal?







## **Journaling Prompts**

1.	1. Write about a time when resting helped you feel stronger.	
2.	List three activities you can say no to in order to create quiet time.	
3.	Describe how you feel after spending time alone with God.	







### Prayer for Today

**Lord,** thank You for giving me the example of rest through Jesus. Help me to create space for quiet time with You each day. Teach me to say no to distractions and busyness that steal my peace. Refresh my heart and mind as I focus on You, so I can walk with clarity and strength. Amen. **#** 

















Day 3: 6 Saying No to Please God

#### Your Verse

Galatians 1:10 – "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

#### **Supporting Scriptures**

- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







Day 3: 6 Saying No to Please God

#### Devotional: Courage to Say No and Please God

People-pleasing can trap us into overcommitment, obscuring God's purpose. Paul's words remind us that our priority is to please God, not people. Saying no is sometimes necessary to stay true to God's calling and values.

It's not wrong to care about others' feelings, but your ultimate loyalty is to Christ. When faced with pressure, say no confidently, knowing you're aligning with God's direction and protecting your witness.

Reflect on your commitments today. Are they guided by God's word or by others' expectations? Seek God's wisdom, ask for courage, and say no where needed, to serve God more fully.







Day 3: 💪 Saying No to Please God

## Reflect and Apply

1.	When have you felt pressure to say yes just to please others?
2.	How does focusing on pleasing God change your view of commitments?
	What can you practically do to align your actions with God's will this week?







Day 3: 💪 Saying No to Please God

## **Journaling Prompts**







Day 3: Saying No to Please God

### Prayer for Today

**Father God,** help me to seek Your approval above all else. When others pressure me to say yes, give me strength to say no if that is what honors You. Guide my heart to follow Your purpose and not people's expectations. Fill me with courage to stand firm and peace in my choices. *In Jesus' name, Amen.* 









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