

# 9 tips for saying no at Christmas

This is an abbreviated version of a post on ChristmasGiving.com. [Click here for the full post.](#)

## 1. Lead with kindness, not guilt.

Saying no doesn't have to feel like slamming a door. You can shut it gently. Try something like, "That sounds lovely, but I'm not able to say yes this time." No need to rattle off a list of excuses. Just be kind and direct.

## 2. Be firm without being frosty.

You don't have to be Elsa from *Frozen*, but don't waffle, either. A firm "no" now is better than a flaky maybe that turns into a guilty yes.

## 3. Practice in front of a mirror.

Look yourself in the eye and say, "Thank you for thinking of me, but I can't commit to that this year." Check your tone. Smile a little. You're not vying for an Oscar – just trying not to cave under pressure.

## 4. Offer an alternative (IF you want to).

Don't want to organize the company gift exchange? Maybe you can help set up the cookie table. Can't attend the late-night wrapping party? Offer to drop off scissors and tape earlier in the day. Or don't. You're allowed to just say no without becoming the Queen of Plan B.

## 5. Say yes to what matters most.

Every time you say no to something that doesn't fit your season, you're saying yes to something that does – your health, your sanity, your family, your quiet time with God. Saying no can be an act of stewardship.

## 6. Watch out for guilt bombs.

Some people are professionals at making you feel bad for having boundaries. Smile. Thank them for the invite. Decline, anyway. You are not required to justify your bandwidth to every second cousin or church committee chairperson. (Or – let's go there – even your mom.)

## 7. Expect a little pushback – and be OK with it.

Not everyone will understand your no, and that's fine. That's not your job. Your job is to care for your soul, your people, and your actual calendar. They'll survive.

## 8. Stick to your peace.

If you've prayed about it, thought about it, and decided your answer is no, don't let someone talk you into a "maybe" you'll regret. Protect your peace like it's the last piece of peppermint fudge.

## 9. Remember – Jesus said no, too.

Jesus didn't heal everyone. (For multiple reasons.) He didn't attend every event. He pulled away from the crowds to rest and pray. You're in good company when you say no for the sake of something greater.

