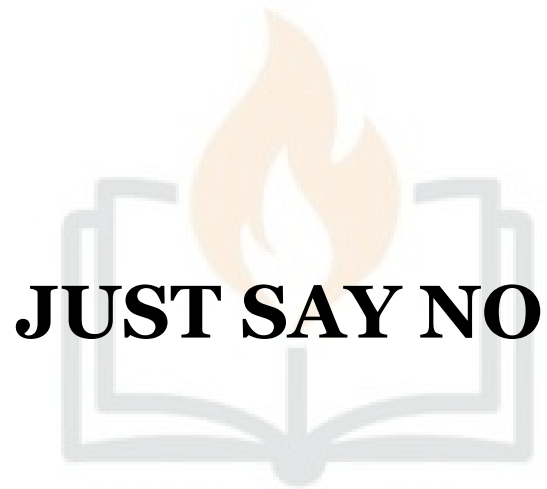


Billy Graham



Transcribed and Published by LivingSermons.com

Just Say No

Preacher: Billy Graham

Publisher: Livingsermons.com

Title: Just Say No

Author: Billy Graham

Publisher: Livingsermons.com

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For Kingdom impact worldwide.



Foreword

In a world where temptation is normalised, compromise is celebrated, and moral boundaries are constantly challenged, Billy Graham delivers a timeless call to courage, conviction, and Christian discipline. With the clarity and biblical authority that characterised his ministry, he addresses one of the greatest struggles facing young people and adults alike—the challenge of standing firm when pressure comes.

This message is not merely about resisting temptation. It is about understanding that God has provided every believer with the power to overcome. It is a reminder that no temptation is unique, no trial is beyond God's knowledge, and no believer is left without a way of escape. Through Scripture, practical wisdom, and powerful biblical examples, Dr Graham points readers to the source of true strength: a living relationship with Jesus Christ and the enabling power of the Holy Spirit.

Particularly compelling is his presentation of Joseph, a young man whose refusal to compromise altered the course of history. In an age that often rewards immediate gratification, Joseph's example reminds us that obedience to God carries eternal significance. The decision to say "no" to sin is ultimately a decision to say "yes" to God's purpose.

As you read these pages, you will discover that self-control is not merely a human achievement but a fruit of a life surrendered to Christ. Whether the struggle involves peer pressure, moral temptation, harmful habits, or the distractions of modern culture, the message remains the same: God is faithful, and through His grace, victory is possible.

It is our prayer that this book will strengthen believers, encourage young people, equip parents and leaders, and inspire readers to pursue lives marked by holiness, discipline, and unwavering devotion to Christ.

May the truths contained in this message challenge your heart, deepen your faith, and remind you that, through the power of the Holy Spirit, you can stand firm and honour God in every circumstance.

— Wisdom Epsi
Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Livingsermons.com does not claim ownership of this message. All spiritual credit and ministerial authority belong to the preacher through whom the Word was delivered. Our role is that of stewards and editors—serving the Body of Christ by preserving and distributing life-giving messages in accessible digital formats.

Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

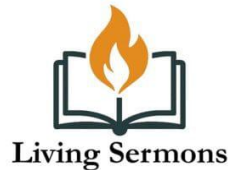
It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction.

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”

— 1 Corinthians 10:13 (KJV)

Young people today face many challenges, especially the pressure that comes from their peers. A few moments ago, we were discussing this very issue. I once asked the president of one of our great universities, “What is the greatest problem you face on this campus?”

He answered, “Emptiness.”

A little while ago, I asked another university president what he believed to be the greatest problem facing campuses across America. His answer was insightful. He said, “Uncertainty.”

I believe he was right.

There is a great uncertainty among young people today. As we prepare to travel to China, and as we study Chinese universities, I find the same condition there. I have

preached throughout the Soviet Union and many countries of Eastern Europe, and I have discovered that young people everywhere wrestle with similar questions.

They are uncertain.

They are also under tremendous peer pressure.

And perhaps the hardest word for many young people to say today is the simple word:

No.

The Hardest Word

Whether it is drugs, cigarettes, illicit sex, or some other temptation, saying “no” is often difficult. Do you say no when peer pressure comes?

Do you say no when emotions rise and excitement takes hold?

The Bible teaches that temptation is common to all people. You may ask, “Did Jesus experience temptations like these?”

Yes, He did. The Scriptures say:

“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”

— Hebrews 4:15 (KJV)

The moment temptation comes, God provides a way of escape.

There is always a way out.

God provides it, but you must choose to take it. When you make that decision, the Holy Spirit is there to strengthen you, help you, and give you courage.

The Need for Self-Discipline

I believe there is a proper place for television.

I remember when we first obtained a television set. We could barely receive a signal. Most of what we saw was snow on the screen. Yet we were excited whenever we caught a glimpse of movement.

Today we have cable television and countless viewing options. But with those opportunities comes responsibility. You must discipline yourself. You must learn to say:

“No, I am not going to spend all my time in front of that screen.”

In many homes, television has become an idol. It has become a god. You enter some homes and everyone is quiet and attentive, gathered before the television as though they were worshipping. Even many television executives and personalities have warned about the dangers of excessive viewing and the harm it can cause.

Jesus said:

“And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.”

— Luke 21:34 (KJV)

The Apostle Paul wrote:

“But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.”

— Romans 13:14 (KJV)

Peter also warned:

“For the time past of our life may suffice us to have wrought the will of the Gentiles, when we walked in lasciviousness, lusts, excess of wine, revellings, banquetings, and abominable idolatries.”

— 1 Peter 4:3 (KJV)

What about you?

Do you live a disciplined life?

Is your life organised in such a way that you can say no to the things that damage your body and weaken your spiritual life?

Your Body Is God's Temple

The Bible teaches that your body is the temple of the Holy Spirit. God does not dwell merely in church buildings. God dwells within His people. When believers gather together, they form the Church, and the buildings we use become sacred places of worship. Yet the true temple of God is the believer.

The Apostle Paul wrote:

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”

— 1 Corinthians 3:16 (KJV)

How tragic it is when people harm their bodies by the way they live and by the choices they make.

Joseph: A Young Man Who Said No

One of the greatest examples of saying no is found in the life of Joseph. Joseph was deeply loved by his father. His brothers became jealous and resentful because of that favour. At first, they plotted to kill him.

Reuben, the eldest brother, persuaded them instead to place him in a pit. Later, when Ishmaelite traders passed by, they decided to sell Joseph into slavery. The traders carried him into Egypt and sold him to Potiphar, an important official in Pharaoh's government.

Joseph became a slave. He was young, strong, and handsome. Genesis 39 records one of the greatest temptations in the Bible. Potiphar's wife desired Joseph and repeatedly invited him to sin with her.

She urged him to come and lie with her.

But Joseph refused.

He said:

“How then can I do this great wickedness, and sin against God?”

— Genesis 39:9 (KJV)

Day after day she pressured him.

Finally, when she found herself alone with him, Joseph fled from the house, leaving his garment behind.

In anger, she falsely accused him and claimed that he had attempted to assault her.

As a result, Joseph was thrown into prison.

Joseph said no.

And God was with Joseph in prison. The Lord eventually raised him from a prison cell to become the ruler of Egypt under Pharaoh. Through Joseph, God preserved nations and ultimately saved his own family.

History was changed because one young man chose to say no.

God's Gift and God's Boundaries

The Bible teaches that sex itself is not sinful.

It is God's gift.

The sin lies in its misuse.

God created the capacity for marital intimacy, but He established boundaries for its expression.

Those boundaries are marriage.

The Scriptures teach that adultery is wrong. Sexual relations outside marriage are also wrong.

The world constantly promotes sexual temptation.

It appears on television.

It fills movies.

It dominates magazines and advertisements.

The atmosphere around us is saturated with sexual messages.

How does a young person say no?

I do not believe young people can consistently say no in their own strength.

They need Christ.

They need the power of the Holy Spirit.

Through His supernatural strength, it becomes possible to stand firm.

It is not easy.

But it is possible.

The Marks of a Christian

One of the distinguishing marks of a Christian is self-control.

Another is self-discipline.

Paul wrote to Timothy:

“Keep thyself pure.”

— 1 Timothy 5:22 (KJV)

He also instructed:

“Flee also youthful lusts.”

— 2 Timothy 2:22 (KJV)

Notice the word *flee*.

Run.

When temptation comes, do not linger around it. Do not argue with it. Do not entertain it.

Run from it.

Paul also declared:

“But I keep under my body, and bring it into subjection.”

— 1 Corinthians 9:27 (KJV)

That is the challenge before every believer.

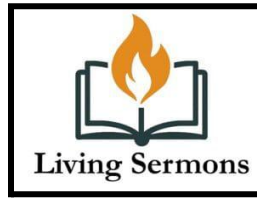
To live under the control of Christ.

To exercise self-discipline.

To depend upon the Holy Spirit.

And when temptation comes, to have the courage to say:

No.



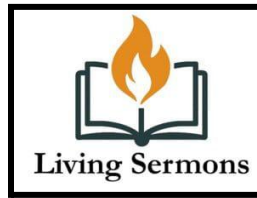
About the Speaker

Billy Graham (1918–2018) was one of the most influential Christian evangelists of the twentieth century. Over the course of a ministry spanning more than seventy years, he faithfully proclaimed the Gospel of Jesus Christ to audiences around the world, preaching in person to nearly 215 million people across more than 185 countries and territories.

As the founder of the Billy Graham Evangelistic Association, he led numerous evangelistic crusades, conferences, radio broadcasts, television programmes, and publishing initiatives that helped bring the message of salvation to millions. His ministry was marked by a steadfast commitment to biblical truth, personal integrity, and the call to lead men and women into a relationship with Jesus Christ.

Billy Graham also served as a trusted spiritual counsellor to multiple Presidents of the United States, offering biblical wisdom and pastoral guidance while maintaining his primary calling as an evangelist of the Gospel.

His messages continue to inspire believers worldwide, pointing people to the hope, forgiveness, and eternal life found in Christ alone. Through his preaching, writings, and global ministry influence, Billy Graham remains one of the most recognised and respected voices in modern Christian history.



About Living Sermons

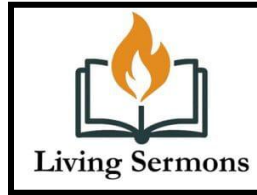
Living Sermons is a Spirit-led publishing platform dedicated to transforming timeless messages of God’s servants into books that can reach and impact lives across the world.

Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



Join Our Team

At **Livingsermons.com**, our mission is to ensure that sermons inspired by the Holy Spirit are accessible in written form for study, meditation, and reference by believers around the world. This work is growing, and we can't do it alone.

We are inviting passionate believers to volunteer in any of these roles:

- **Transcribers** – Convert sermon recordings into accurate transcripts.
- **Editors** – Refine transcripts into polished, readable eBooks.
- **Bloggers** – Create SEO-friendly posts to share new books.
- **Social Media Managers** – Share books online and engage our community.
- **Language Translators**
- **Graphics Designers**

If you feel led to serve in any of these roles, please reach out through our [Volunteer Page](#) on Livingsermons.com. Together, let's spread the knowledge of Christ to the nations.