Dear [Referrer's Name],

I hope this message finds you well. I wanted to take a moment to express my sincere gratitude for thinking of me for the [Job Title/Position] opportunity at [Company Name]. It truly means a lot to me that you considered me for this role.

After careful consideration, I have decided to respectfully decline the referral at this time. While I am genuinely flattered, I believe it is not the right fit for me at the moment.

Thank you once again for your support and understanding. I truly appreciate your thoughtfulness, and I hope we can connect again soon.

Best regards,
[Your Name]
[Your Contact Information]