

Reset How To Stop Being A People Pleaser

1. Understand _____

Galatians 2: 14 *When I saw that they were not following the truth of the gospel message, I said to Peter in front of all the others...*

2. Run some _____

a) Where _____ ?

b) What _____ ?

Galatians 2:12 *But afterward, when some friends of James came, Peter wouldn't eat with the Gentiles anymore. He was afraid of criticism from these people who insisted on the necessity of circumcision.*

3. Give yourself _____

Key: Learn the _____

John 6:38 *For I have come down from heaven to do the will of God who sent me, not to do my own will.*

4. Practice _____

*Visualize _____

*Be _____

*Don't _____ your "no"

Matthew 5:37 *Just say a simple, 'Yes, I will,' or 'No, I won't.'*

5. Put the right _____

a) Remember what you _____

b) _____ please people

John 1:11 *He came to his own people, and even they rejected him.*

c) I have the _____

Matthew 5:37 *Just say a simple, 'Yes, I will,' or 'No, I won't.'*

d) Even if _____, God won't

John 5:30 *...for I seek not to please myself but him who sent me.*

The Dangers of People Pleasing

Other people's priorities will take precedence over ours.

Mere acquaintances crowd out time with family and close friends.

We will not have the time we need for rest and recovery.

We will end up frustrated and stressed.

We resent others for "making us say yes".

We won't be able to say "Yes" to the really important things.

You make compromises you regret.

Read These Statements: Do You Agree?

____ I try to be who someone wants me to be.

____ I am often afraid to rock the boat.

____ It is hard for me to know what I want.

____ I avoid speaking my mind.

____ I find it easier to go along with what someone wants or with their opinion.

____ I fantasize about a strong person taking over my life and making it work.

____ It is hard for me to express my feelings when they are different from someone I'm close to.

____ It is difficult for me to say "No".

____ I avoid getting angry.

____ It is hard for me to be assertive.

____ I try to be nice rather than expressing how I really feel.

____ I want everyone to get along.

Questions You Should Ask Before Deciding

Do I want to do this?

What will I have to give up to say yes to this?

Do I feel pressured to do it?

Do I sense God wants me to do this?

Galatians 1:10 *Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.*

Proverbs 29:25 *The fear of man lays a snare, But whoever trusts in the LORD is safe.*