

I Quit I Quit Trying To Please Everyone

1. Learn the _____

Key: _____

"Let me check my calendar and get back to you."

2. _____

Luke 22:42 *...yet not my will, but yours be done.*

Galatians 1:10 *Am I now trying to win the approval of human beings, or of God?*

3. Surrender the _____

Key: Be clear about _____

Key: Let go of controlling _____

Psalms 37:5 *Commit everything you do to the Lord. Trust him, and he will help you.*

4. Fill your mind with God-thoughts

John 8:32 *You will know the truth, and the truth will set you free.*

2 Corinthians 10:5 *Take captive every thought to make it obedient to Christ.*

5. Turn quickly to Jesus when you feel the pressure

John 14:27 *I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.*

Philippians 4:6–7 *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Questions to ask when you are deciding:

- What do I actually want to do?
- Will saying yes cause hurry?
- What's the right choice for me in light of my current situation?
- If I weren't afraid of disappointing them, what would I choose?
- Father, what do you want me to do?

God-truths to think about:

- I was never meant to carry the burden of ensuring people change or respond in a certain way. That's God's work, not mine.
- Outcomes are God's business. Obedience is mine.
- God is at work even when I can't see it.
- I am not responsible for other people's responses
- God will never reject me. (John 6:37)
- Even Jesus couldn't please everyone. (Luke 4:28-29)
- I have the right to say no without guilt.
- I am not responsible for their reaction. I am responsible to be kind, loving, and do the will of God for my life.
- Is my true KING pleased with what I did?

*Welcome Friend. This pressure I'm feeling to _____
(compromise, perform, give in...) is a perfect opportunity for me to
experience Your peace and strength. I surrender the outcome to you.
You do what you want. I want to enjoy your peace and I'm excited to
see what you do next.*

Practical Steps to Let Go of Outcomes

1. Name the outcome you're trying to control

Is it someone's opinion? Their reaction? Whether someone likes you? How someone looks at you (helpful, kind)? Whether someone is mad at you? Your job promotion? Your child's behavior?

2. Ask yourself: Why do I want this outcome so badly?

Often, it's about identity, fear, ego, or security.

3. Confess your desire to control

Surrender it to God in prayer. Not once, but daily. Or hourly.

4. Do what you *can* do, faithfully

Work hard. Act in wisdom. Do your part. But stop short of manipulating or forcing the result.

5. Remember: God's plans don't depend on your performance.

God is not weak, and His purposes won't fail if someone is disappointed in you. Even when things feel uncertain, He's still in control—and still at work.

6. Watch your internal dialogue

Notice when you obsess over how something will turn out. Gently release it. *"I gave it to Jesus – He knows what to do with it."*

7. Practice detachment, not indifference

Indifference = "I don't care at all."

Detachment = "I care, but I'm not owned by this."

"Father, today I will make plans, work hard, and love well—but I will not demand results. I give the outcomes of this day to You. I trust that being with You and under Your rule is better than anything I might gain or lose today."

"I am learning to live without having to have my way."

Dallas Willard

God, my Father and King,

I bring my whole self before You now — open, yielded, and willing.

HEART / WILL

I surrender my will to Yours. May Your desires become my desires.

I let go of the illusion of control, and I say yes to Your rule in my life.

Not my will, but Yours be done — in this moment, and the next, and the next. Teach me to desire what You desire, and to will what You will.

MIND (Thoughts + Feelings)

Renew my mind, Lord. Let every thought be brought captive to Christ.

Shape my imagination by Your Word, and teach me to think what is true, noble, right, pure, and lovely. I yield my emotions to You — my joy, my sorrow, my anger, my fear. May my feelings not rule me, but be ruled by Your peace.

BODY

This body is Yours — My eyes, hands, voice, energy, and strength.

Let me speak only what You would speak, go only where You would lead, and do only what love requires. Let my habits become holy, my time consecrated, my actions aligned with Your purposes.

SOCIAL CONTEXT

In every relationship, Lord — make me an instrument of Your love.

Free me from the need to impress, control, or win. May I forgive quickly, listen deeply, and serve joyfully. Let my presence be a blessing in my home, my work, my friendships, and even among strangers. Help me see each person as You do — full of value, beauty, and eternal significance.

SOUL (Whole Life Integration)

Unify my scattered self in You. Let my life become a whole, surrendered vessel — no compartments, no hiding, no holding back. Let Your Spirit dwell in every corner of my being, and may my soul find its rest in You alone.

I want to live in moment-by-moment surrender to You — to be fully Yours in thought, word, body, and spirit. Take all that I am and form Christ within me. Let me live this day with You, in You, and for You. Amen