BIBLE STUDY WORKSHEET

# Freedom From People-Pleasing

Approval cannot carry the weight of identity, calling, or peace.

**Prepared by Vanessa**

"We are trying to please God, not people."
1 Thessalonians 2:4

## OPENING PRAYER

Father, free me from building my worth on the reactions of others. Teach me to be loving without pretending, generous without performing, and obedient without needing universal approval. Amen.

| Name | Date |
|---|---|
| Bible Study Group | Leader |

## PURPOSE OF THIS STUDY

This study helps us recognize approval-seeking, speak honestly, tolerate disappointment, and live from secure identity in Christ.

[ ] Spot approval traps [ ] Tell the truth [ ] Tolerate discomfort [ ] Choose obedience

PART 1

# Approval Is a Fragile Foundation

When approval becomes a need, we may hide truth, overcommit, apologize for healthy choices, or lose ourselves in changing expectations.

**Am I trying to please people?**

Galatians 1:10

## TRUTH TO CARRY

Kindness is good; dependence on approval is exhausting.

## REFLECT AND DISCUSS

Whose approval feels hardest to lose?

How does that fear shape your choices?

What truth have you been hiding?

**You can be loving without being liked by everyone.**

PART 2

# Secure Identity Changes Motives

Belonging in Christ allows service to flow from love instead of performance.

**You are God's handiwork.**

Ephesians 2:10

## TRUTH TO CARRY

Your value is received before it is demonstrated.

## REFLECT AND DISCUSS

What do you believe you must prove?

How would secure identity change your service?

Which label needs to be replaced with truth?

**You do not have to audition for a place God has already given you.**

PART 3

# Honesty Can Be Loving

People-pleasing often produces vague answers and hidden resentment. Clear, gracious words protect genuine connection.

**Speaking the truth in love.**

Ephesians 4:15

## TRUTH TO CARRY

An honest no is kinder than a resentful yes.

## REFLECT AND DISCUSS

Where are you saying yes while meaning no?

What clear sentence could you use?

How can you avoid overexplaining?

**Truth and tenderness can live in the same sentence.**

PART 4

# Disappointment Is Survivable

Someone may feel disappointed when you choose truth or a healthy limit. Their feeling deserves compassion, but it does not always require reversal.

> **Fear of man will prove to be a snare.**
>
> Proverbs 29:25

## TRUTH TO CARRY

Discomfort is not the same as wrongdoing.

## REFLECT AND DISCUSS

Whose disappointment do you rush to fix?

What would calm follow-through look like?

Who can help you stay accountable?

> **You can remain calm while another person adjusts.**

PRACTICE

# My Approval Reset

Choose one situation where you can replace performance with honesty and faithful love.

**The approval I have been chasing:**

**What I fear will happen if I disappoint someone:**

**The truth I need to communicate:**

**The value or responsibility I am protecting:**

**A grounded response if someone disagrees:**

## THIS WEEK I WILL

[ ] Pause before agreeing
[ ] Ask why I am saying yes
[ ] Use a clear sentence
[ ] Stop overexplaining
[ ] Allow discomfort
[ ] Return to my identity in Christ

## MY ANCHOR PRAYER

**Lord, make me loving, honest, and free.**

CLOSING TOGETHER

# Loved Before Approved

Freedom grows when we trust God with our identity and other people with their own reactions.

### CLOSING PRAYER

God, heal the places that confuse approval with love. Give us integrity, courage, and gentleness. Let our yes be sincere and our no be honest. Amen.

### A WORD OF ENCOURAGEMENT

**You do not have to lose yourself to prove that you care.**

## CLOSING CIRCLE

One people-pleasing pattern I am releasing:

One honest response I will practice:

### MY DECLARATION

**I will seek God's approval, speak truth with grace, and let others own their response.**

Signature Date