

May 6 & 7, 2017

approval addiction

Proverbs 29:25 *Fear of man will (pleasing people) prove to be a snare, but whoever trusts in the LORD (pleasing God) is kept safe.*

Understanding Our Addiction to Approval

1. We seek approval from people when we should be seeking approval from God.
2. We will do anything to avoid conflict.
3. We become dependent on the approval of others for our sense of security or significance.
4. We repeatedly give in to the demands and expectations of others even when we know that we shouldn't.
5. We focus on pleasing people and lose sight of our mission.
6. When we spend our time and energy pleasing others, we lose our strength to fulfill our mission.
7. We habitually give in to unreasonable demands, inviting more unreasonable demands.

Overcoming Our Addiction to Approval

1 Thessalonians 2:4 *On the contrary, we speak as men approved by God to be entrusted with the gospel. We are not trying to please men but God, who tests our hearts.*

1. Realize I cannot please everyone

2 Corinthians 1:17 *You may be asking why I changed my plan. Hadn't I made up my mind yet? Or am I like people of the world who say yes when they really mean no? 18 As surely as God is true, I am not that sort of person. My yes means yes* NLT

2. Resolve to seek approval by pleasing God

Colossians 1:10 *so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God;* ESV

3. Refocus my life on God's purpose for me

Colossians 3:2 *Set your minds on things above, not on earthly things.*

- a. Don't try to set other peoples' minds
- b. Don't let other people set your mind

4. Remember every "No" is also a "Yes"

Galatians 5:17 *For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.*

5. Rest in God's unconditional love (approval)

1 John 4:18 *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment . . .*