

Chasing Carrots
Chasing Approval

Fearing people is a dangerous trap, but trusting the Lord means safety.
Proverbs 29:25

The endless pursuit of approval will lead to an identity crisis. A constant need for external approval will drive me to a life of people pleasing.

Chasing approval looks like:

- Will you please like me?
- Will you please affirm me?
- Will you please accept me?

How many of you might care a little too much what others might think about you? (Raising your hand to make me feel better- you might have a problem.)

3 Problems People Pleasers Battle:

1. You obsess about what other people may think

- Can't sleep because you're running through everything you said while at dinner
- Reading "in-between-the-lines" constantly
- Always checking in to gauge the "temperature" of those around you
- Someone doesn't respond to your text and you jump to worst case scenario
- Have a difficult time with the benefit of the doubt
- becoming obsessed with what other people think about you is the fastest way to forget what God says about you

2. You are overly sensitive to criticism

- one comment from a teacher and you spiral
- can't handle constructive feedback
- identity is wrapped up in what you do
- failure feels like the worst possible scenario you could imagine

3. You have a hard time saying "no"

- avoid conflict at all costs- even if you are that cost
- never want to hurt someone's feelings
- buy things you won't use because you won't say no to the kid at your job
- go places you dread because you don't want to hurt someone else's feelings
- overcommitted because you're afraid of letting anyone else down

Why do we people please?

1. We are seeking validation.
2. We are seeking identity.
3. We don't know better.

When we are people pleasing, we are actually seeking validation and calling it approval.

Validation says: You're right.

Approval says: You're righteous.

The world is trying to sell you validation at the cost of your soul. But Jesus already purchased your approval at the cost of His blood.

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.

Galatians 1:10

We are not trying to please people but God, who tests our hearts.

1 Thessalonians 2:4

Stop Chasing Approval:

1. Become obsessed with what God says about you.

Every single moment you are thinking of me! How precious and wonderful to consider that you cherish me constantly in your every thought!

Psalm 139:17

-His Word = My identity

-When I know who I am in Christ. I don't need approval from man.

-Some examples of who God says you are:

-2 Cor 5:17- You are a new creation in Christ.

- Eph 1:7- You are forgiven and your sins are washed away

-Rom 8:37- You are more than a conqueror through Jesus

-Eph 2:10- You are God's masterpiece

-Matt 5:14- You are the light of this world

-Rom 8:11- You are filled with the same spirit that raised Jesus

-Rom 8:17- You are a joint heir with Christ

-2 Cor 5:20- You are Christ's ambassador

-2 Cor 5:21- You are the righteousness of God in Jesus

-Rom 1:1- You are greatly loved by God

2. Stay sensitive to His Spirit.

The Spirit shows what is true and will come and guide you into the full truth.

John 16:13

-He will help you!

-He will show you truth from lies

-He is THE Voice in our lives- maybe it's time to simplify

-How many voices are you giving weight into your life? Just because they have a platform doesn't mean they should get a voice

-Are we living for the "well done, good and faithful servant" or the affirmation of all the other voices we've allowed into our lives

3. Say no to negative thinking.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5

- We have a responsibility to stay vigilant and active in our thought life
- Don't just slip back into it without even noticing
- We capture the negative thought, submit it to the truth of the Word of God, and replace the lie or negative thought with the reality of Heaven

RESPONSE TIME:

- People were never designed to give you the approval that can only come from God. We find that by sitting at His feet. So let's do that for the next few minutes.
- Salvation- find your identity- discover who you really are
- Repent of people pleasing
- Affirm your identity in Christ