

**Relationships That Heal  
Part 4**

I'd rather have 4 quarters than a 100 pennies

*It is a dangerous trap to be concerned with what others think of you, but if you trust the Lord, you are safe. Proverbs 29:25*

**5 Reasons People Pleasing Is A Trap**

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*Our purpose is to please God, not people. 1 Thessalonians 2:4*

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Whose opinion matters to me most: friends or God?  
Who will I trust and believe more: people or God?

*You try to get praise from each other, but you do not try to get the praise that comes from the only God. So how can you believe? John 5:44*

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*Do not follow the crowd in doing wrong. Exodus 23:2*

*Dear friends, if bad companions tempt you, don't go along with them. Proverbs 1:10*

In what area of my life am I caving into the expectations of others?  
In what areas am I doing what I know is wrong in order to win  
the approval of others or to avoid the rejection of others?

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*No one had the courage to speak favorably about Jesus in public, for they were afraid of getting into trouble with the leaders. John 7:13*

*Many people, including leaders, believed in Jesus. But they wouldn't talk about it publicly out of fear that the Pharisees would expel them from the synagogue. They loved human approval more than they loved the approval of God. John 12:42-43*

Who around me would hear about Jesus if fear wasn't an issue?

### 5 Truths To Break Free From The People Pleasing Trap

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*Woe to you when all men speak well of you. **Luke 6:26***

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*Your approval or disapproval means nothing to me. **John 5:41***

*Even if my father and mother abandon me, the Lord will hold me close. **Psalm 27:10***

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Maturity is learning that all the things you thought were important really weren't that important.

*The world and everything in it that people desire, is passing away; but those who do the will of God will live forever. **1 John 2:12***

*Jesus said, 'The things that are highly valued by people are worth nothing in God's sight. **Luke 16:15***

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You want to learn to live for an audience of one

*I don't try to please Myself, I only please the One who sent Me. **John 5:30***

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*Yes, each of you will give a personal account account to God. **Romans 14:12***

Remember what Jesus Christ did for you on the cross

*There is no one like our God. He rides across the heavens to help you, across the skies in majestic splendor. The eternal God is your refuge and His everlasting arms are under you. **Deuteronomy 33:26-27***

*What can we say about such wonderful things as these? If God is for us, who can ever be against us? Since God did not spare even His own Son but gave Him up for us all, won't God who gave us Christ, also give us everything else? **Romans 8:31-32***