

## **RA5-Are You Ready To Escape The People Pleaser Trap?**

Why is it important to escape the people pleaser trap? Our Spiritual Intelligence tells us five reasons to escape the trap:

- 1-It causes you to miss God's purpose for you
- 2-It keeps you from growing in your faith
- 3-It leads you to sin
- 4-It causes hypocrisy in our lives
- 5-It silences your witness

**Proverbs 29:25** in Today's English Version says: "It is a dangerous trap to be concerned with what others think of you, but if you trust the Lord, you are safe."

Rick Warren in his "You Make Me Crazy" series of messages shares the six truths that will set you free from the people pleaser trap:

- 1-Even God can't please everyone
- 2-You don't need anyone's approval to be happy
- 3-What seems so important now is only temporary
- 4-You only have to please one person (God)
- 5-One day you'll give an account of your life
- 6-God shaped you to be you

I will share my insight into Rick's message and I encourage you to go to the appendix and acquire the complete series from Saddleback Church.

I will begin by thanking my grandfather for breaking me free from the People Pleaser trap. Although it was not precisely spiritual it captured the essence of points 1, 2 and 4 above. My grandfather stood me in front of a mirror and pointed to my image in the mirror. He then told me I cannot please everyone and that I have to be true to the man in the mirror (myself). Not exactly Spiritual but it helped me escape the need to please others. It worked in my "old life". It has been upgraded as my Spiritual Intelligence has grown and modified my thinking and my heart. The impact my agnostic grandfather had on my life is proof that God can use anyone to shape our lives. "Not exactly Spiritual" is a huge improvement over the world's approach-thanks Pop!

As I have chewed on Rick's message I have been able to understand the burden I have escaped but that many men carry. Men want Mom's love, Dad's approval, their wife's respect and don't understand that only God can meet all their needs. Putting those burdens on others when God can meet them is unfair to all. It's unfair to expect others to provide unconditional love 100% of the time. It's unfair to expect yourself to provide unconditional love 100% of the time. Only God can love you unconditionally 100% of the time! Men, it is time to stop asking others to be a people pleaser for you and it is time to stop being a people pleaser for others. Leave God's job to God!

Want to increase your Spiritual Intelligence? The following will give you God's insight into how to escape the people pleaser trap.

**1 Thessalonians 2:4** "Our purpose is to please God, not people. He is the one who examines the motives of the heart."

**John 5:44:** "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?"

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

**1 Samuel 15:24-25** "Saul confessed to Samuel, 'I've sinned. I've trampled roughshod over God's Word and your instructions. I cared more about pleasing people so I let them tell me what to do'."

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

**Luke 16:15** "You make yourselves look good in other people's eyes but God knows your heart."

**2 Corinthians 10:18** "You brag about yourself, but the only approval that counts is the Lord's approval."

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

**John 12:42-43** "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."

**Romans 12:2** "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

**John 8:32** “When you know the truth, the truth will set you free.”

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

**Isaiah 51:12** “I am the One who comforts you! So why are you afraid of mere humans who wither like the grass and disappear?”

**Psalms 27:10** “Even if my father and mother abandon me, the Lord will hold me close”

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

**Luke 16:15** “The things that are highly valued by people are worth nothing in God’s sight”.

**John 5:30** “I don’t try to please myself, but I only please the One who sent me.”

**Galatians 1:10** “I’m not trying to be a people pleaser! No, I’m trying to please God. If I was still trying to please people, I would not be Christ’s servant.”

**Romans 14:12** “Yes, each of us will have to give a personal account to God.”

**Luke 9:26** “If anyone is ashamed of me and my words, I, the Son of man, will be ashamed of him when I come in my glory and in the glory of the Father and the holy angels.”

### **Personal Reflection:**

Who are you trying to please? Which of the verses speaks to you? Who can help you break free of your people pleaser thinking and hold you accountable?

### **Group Discussion:**

Share how this lesson has freed you from the people pleaser hold on your life.

How has that freedom made a change in the way you experience joy in your life?