# Addicted to Approval: Recovering Identity in Christ



A 21-day journey to overcome people-pleasing and fear of man by finding true identity and worth in Christ alone.





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#### Introduction

Welcome to this 21-day Bible study on addiction to approval. If you have ever found yourself trapped in a cycle of people-pleasing, craving acceptance, or deeply fearing the opinions of others, you are not alone. These struggles point to a deeper longing — a longing for identity, worth, and belonging.

In this study, we will discover how to reclaim our identity not from human approval but from our unchanging relationship with Jesus Christ. The addiction to approval can feel like a powerful chain that limits our freedom and joy, yet Scripture offers us a liberating truth: our identity is rooted not in the fluctuating opinions of people but in the steadfast love and acceptance of God.

Each day will guide you through essential biblical truths, practical reflections, and heartfelt prayers focused on healing the wounds created by the fear of man. You will be encouraged to see yourself through God's eyes, to embrace your worth as His beloved child, and to break free from the exhausting need for external validation.

As you engage with these passages and devotionals, be patient and kind with yourself. Transformation is a journey, not a quick fix. You are invited to surrender your need for approval to Christ so He can renew your heart and set you free in your true identity.



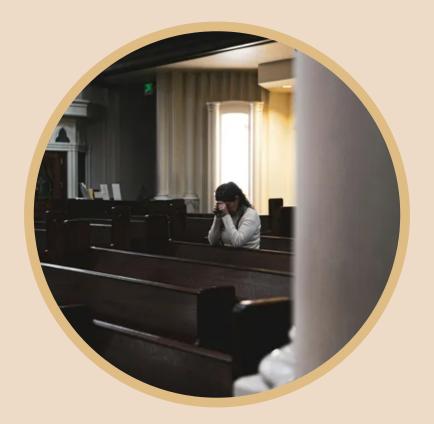


















#### Your Verse

Galatians 1:10 – "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

#### **Supporting Scriptures**

- John 5:44 "How can you believe since you accept glory from one another but do not seek the glory that comes from the only God?"
- Proverbs 29:25 "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."







#### Devotional: Root of Approval Addiction Revealed

What is the root of your addiction to approval? Today we start by asking a simple but penetrating question: Are we seeking to please God or people? Galatians 1:10 confronts us with this challenge — the desire for human approval is often at odds with living as a true servant of Christ.

People-pleasing behaviors are often born from a deep fear of rejection, criticism, or feeling unloved. When we depend on others' opinions, we become vulnerable to their shifting attitudes. Proverbs 29:25 warns that fear of man is a snare. It traps us in endless cycles of striving and worry.

But Jesus calls us to a higher standard: to seek God's approval first and foremost. This shift is transformative because God's approval is unwavering and full of grace. When we rely on Him, we are empowered to live authentically without the exhausting need to perform for others.

Today, reflect on where your desire for human approval may be holding you captive. Ask God to reveal any unhealthy patterns and to fill you with the freedom that comes from trusting Him above all.







## Reflect and Apply







#### **Journaling Prompts**

1.	List moments when you sought approval and how it made you feel.
2.	Write a prayer surrendering your need for human approval to God.
3.	Describe your ideal identity as God's beloved child.







#### **Prayer for Today**

**Dear Lord,** today I invite You to reveal where I am trapped by the need for people's approval. Help me to see that Your acceptance is enough and that I am cherished just as I am. Teach me to live as Your servant, seeking Your approval above all else. Strengthen me to break free from fear of man, and fill me with Your peace that surpasses understanding. In Jesus' name, Amen.  $\swarrow$ 









# Day 2: V Guarding Your Heart Against Fear









Day 2: **(**) Guarding Your Heart Against Fear

#### Your Verse

Psalm 34:4 - "I sought the Lord, and he answered me; he delivered me from all my fears."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 2: ① Guarding Your Heart Against Fear

#### Devotional: Overcoming Fear Through God's Power

Fear is one of the strongest drivers behind addiction to approval. When we fear rejection or disapproval, we cling even tighter to pleasing others. The psalmist reminds us in Psalm 34:4 that God hears us when we ask for help and delivers us from fear.

Isaiah 41:10 offers God's promise — we are not alone in our struggles. His presence calms our anxieties and replaces fear with courage. 2 Timothy 1:7 indicates the Spirit within us gives power, love, and self-discipline, not fear.

Guard your heart by acknowledging your fears and bringing them to God. Practicing this daily encourages trust over worry. It also shifts our focus from needing human approval to resting in God's love and strength.

Ask God to help you rise above fear and insecurities that feed people-pleasing tendencies. You are safe in His hands.







Day 2:  $\mathbb Q$  Guarding Your Heart Against Fear

## Reflect and Apply

1.	What fears most drive my need to please others?
2.	How do I experience God's presence in moments of fear?
3.	In what ways has God empowered me to live boldly?







Day 2:  $\mathbb Q$  Guarding Your Heart Against Fear

#### **Journaling Prompts**

Write about a recent situation where fear influenced your decisions.
List Scriptures that comfort and strengthen you against fear.
Pray for courage to trust God over your fears today.







Day 2: ① Guarding Your Heart Against Fear

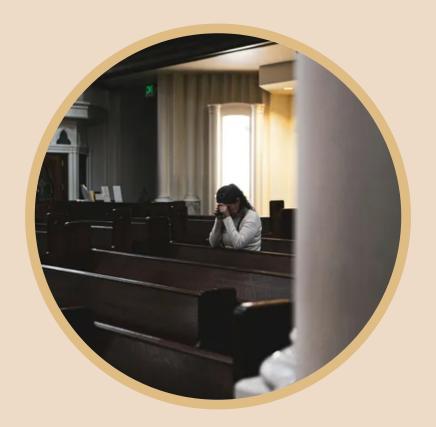
#### **Prayer for Today**

**Father God,** You know the fears that grip my heart when I seek approval from others. Help me to remember Your promises and to lean on Your strength instead of my own. Fill me with Your Spirit's power, love, and self-control. Teach me to overcome fear with faith and to rest in Your loving presence. I choose to trust You above all fears today. Amen. \*\*\mathre{\mathre{G}} \bigset{\mathre{L}}















#### Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







#### Devotional: Embracing God's Truth About Your Worth

The core of approval addiction is a distorted view of ourselves. When we look to others' opinions to define us, we often see ourselves through a distorted lens filled with flaws and failures.

**Psalm 139:14 calls us to recognize that we are wonderfully made by God.** This truth offers a solid foundation for identity. We are unique, valuable, and created on purpose.

Paul reminds us in Ephesians 2:10 that we are God's workmanship, created for good works. Not because of what others think but because of who God says we are. Romans 8:1 assures us there is no condemnation in Christ, clearing the way for us to live free from guilt and shame tied to others' judgments.

*Today, embrace God's perspective about your worth.* Reflect on how these truths can reshape your identity beyond people-pleasing. God's view of you is loving, intentional, and complete.







## Reflect and Apply

1.	How does thinking of yourself as God's creation change your self-view?
2.	What lies about yourself do you need to replace with God's truth?
3.	How can embracing God's acceptance free you from needing approval?







#### **Journaling Prompts**

1.	List qualities God has given you that you appreciate.
2.	Write about times when you felt condemned and how God's truth helps.
3.	Affirm your identity by writing a declaration based on Scripture.







#### Prayer for Today

**Lord,** thank You for making me fearfully and wonderfully. Help me see myself as You see me — valuable, loved, and created for a purpose. Free me from lies and condemnation that distort my identity. Teach me to embrace Your truth daily, so I might live confidently in Your acceptance. I praise You for Your wonderful works in me. Amen. 🎇 💭















#### Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

#### **Supporting Scriptures**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- John 8:36 "So if the Son sets you free, you will be free indeed."







#### Devotional: Breaking Free from the Yoke of Approval

People-pleasing can become a form of slavery — a yoke that binds us to the approval and expectations of others. Galatians 5:1 reminds us that Christ has set us free from this burden.

Real freedom comes from standing firm in Christ's work and refusing to return to old patterns of seeking human acceptance above God's will. Romans 12:2 calls us to renew our minds, to reject worldly pressures, and to be transformed by God's truth.

Freedom means living authentically as God's beloved, not as the person others want us to be. John 8:36 assures us that the freedom Christ offers is complete — no strings attached.

Today, reflect on areas where you feel enslaved by the need for approval. Ask God for strength to stand firm and to experience the liberating power of Christ's freedom.







## Reflect and Apply

1.	In what ways does approval addiction feel like a burden or slavery?
2.	How can renewing your mind help you resist people-pleasing?
3.	What does true freedom in Christ look like to you?







#### **Journaling Prompts**

1.	Describe areas where you feel chained by others' expectations.
2.	Write a prayer asking Jesus to set you free from approval addiction.
3.	List practical steps to stand firm in your freedom daily.
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#### **Prayer for Today**

**Jesus,** thank You for setting me free from the chains of people-pleasing. Help me to stand firm and not fall back under the yoke of slavery to approval. Renew my mind with Your truth and empower me to live authentically in Your freedom. I trust You to transform every part of me. Amen.  $\Box$ 















#### Your Verse

Psalm 62:5 - "Yes, my soul, find rest in God; my hope comes from him."

#### **Supporting Scriptures**

- Isaiah 30:15 "In repentance and rest is your salvation, in quietness and trust is your strength."
- Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."







#### Devotional: Listening to God Over People

When addiction to approval dominates our hearts, we often prioritize the voices of others over God's voice. These external noises can drown out the still, small voice that offers peace and guidance.

**Psalm 62:5 urges our souls to find rest in God alone.** He is the source of hope and peace that nothing else can provide. Isaiah 30:15 reminds us that salvation and strength come through quietness, trust, and repentance — stepping away from chaos toward God's calm.

Matthew 6:33 encourages us to seek God's kingdom first rather than chasing approval. When we prioritize God's voice, we grow in confidence and discernment, leading to healthier relationships and inner peace.

Today, reflect on whose voice you are listening to the most. Choose to pause, silence the crowd, and intentionally listen for God's voice, your true source of rest and identity.







## Reflect and Apply

1.	Whose opinion do I prioritize more than God's voice?
2.	How can I practice resting in God's voice daily?
3.	What distractions keep me from hearing God clearly?







#### **Journaling Prompts**

1.	Write about a time God's voice gave you clarity over people's opinions.
2.	List ways to create quiet moments to hear God's guidance.
3.	Pray asking God to help you trust His voice above all others.







#### Prayer for Today

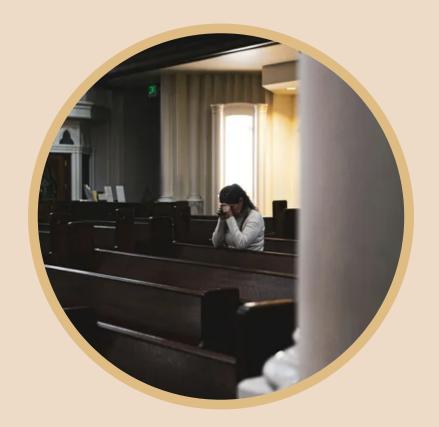
**Father,** help me to find my rest and hope in You alone. Teach me to silence the noise of the crowd and to listen for Your voice of love, truth, and peace. Guide my heart to seek Your kingdom first above all else. May Your voice be the anchor of my identity and the source of my confidence. Amen.







## Day 6: Renewing Your Mind in Truth









#### Your Verse

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

#### **Supporting Scriptures**

- Philippians 4:8 "Whatever is true, noble, right, pure, lovely, admirable—think about such things."
- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."







#### Devotional: Training Your Thoughts Toward Freedom

Addiction to approval often thrives on false thoughts, negative self-talk, and worldly values. Romans 12:2 commands us not to conform but to be transformed by renewing our minds.

Philippians 4:8 instructs us to focus on things that are true, noble, and pure.

This conscious choice helps combat destructive thought patterns. 2 Corinthians 10:5 reveals the spiritual battle behind our thoughts — we are called to capture every thought and submit it to Christ.

Renewing your mind is an essential step toward breaking free from approval addiction. It means replacing lies with God's truth and training your thoughts to align with His Word.

Today, identify any recurring negative or fearful thoughts. Invite the Holy Spirit to help you replace them with Scripture and truth.







## Reflect and Apply

1.	What negative thoughts fuel your need for approval?
2.	How can you actively take your thoughts captive?
3.	Which Scriptures strengthen your mindset in times of doubt?







#### **Journaling Prompts**

1.	Write down common lies you believe about yourself.
2.	Find and record Scriptures that counter these lies.
3.	Journal about how renewing your mind changes your behavior.







#### Prayer for Today

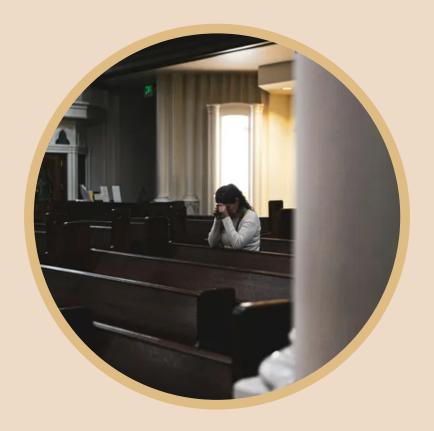
**Lord Jesus,** I surrender my mind to You today. Help me to reject worldly patterns and to be transformed by Your truth. Teach me to take captive every thought that pushes me toward people-pleasing and to replace it with Your good and perfect Word. Renew my mind daily so I may live in freedom and joy. Amen.







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Day 7: V Learning to Love Yourself God's Way

#### Your Verse

Mark 12:31 - "Love your neighbor as yourself."

#### **Supporting Scriptures**

- 1 John 4:19 "We love because he first loved us."
- Ephesians 5:29 "After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church."







Day 7: W Learning to Love Yourself God's Way

# Devotional: Receiving and Giving God's Love to Yourself

Many who are addicted to approval struggle with self-love, often tied to deeply rooted insecurities. However, Scripture invites us to love ourselves in a God-honoring way, modeled after His perfect love.

Mark 12:31 pairs the command to love others with the implicit need to love ourselves. This is not selfishness — it's acknowledging our God-given worth. 1 John 4:19 reminds us that our ability to love flows from the love God first lavished on us.

Ephesians 5:29 draws a beautiful picture of care — just as Christ tenderly cares for the church, we are called to nourish ourselves emotionally and spiritually.

Today, practice self-love by reflecting on God's love for you, extending grace to yourself, and committing to treat yourself with kindness rather than harsh judgment.







Day 7: **9** Learning to Love Yourself God's Way

## Reflect and Apply

1.	. How do I currently treat myself and why?
2.	. In what ways can God's love reshape my self-care habits?
3.	. What does loving myself well look like practically?







Day 7: **9** Learning to Love Yourself God's Way

#### **Journaling Prompts**

1.	Write a love letter to yourself through God's eyes.
2.	Identify unhealthy self-talk patterns and rewrite them with grace.
3.	List ways you can care for your emotional and spiritual health.







Day 7: **9** Learning to Love Yourself God's Way

#### Prayer for Today

**Dear Jesus,** thank You for loving me first and teaching me to love myself rightly. Help me to see myself as You do — valuable, cared for, and worthy. Teach me to extend kindness and grace to myself as I heal from approval addiction. May Your love be my example and my strength. Amen. ❖ ⚠ ❖















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Colossians 3:3 "For you died, and your life is now hidden with Christ in God."







#### Devotional: Your New Identity Is in Christ

People-pleasing often attempts to create identity through others' approval. Yet Scripture calls us to find our identity wholly in Christ.

2 Corinthians 5:17 declares that in Christ, we are new creations. The past and its burdens no longer define us. Galatians 2:20 beautifully describes that our old self has died, and Christ now lives in us — shaping our identity from within.

Colossians 3:3 reinforces this by reminding us our life is hidden with Christ in God, secure and protected beyond human evaluation.

Today's meditation encourages you to release former identity shaped by approval addiction and embrace your new identity rooted in Christ.







## Reflect and Apply

1.	What old identities tied to people-pleasing do you need to release?
2.	How does knowing Christ lives in you affect your self-view?
3.	What practical steps can you take to live from your new identity?







#### **Journaling Prompts**

1.	Write about your identity before and after coming to faith in Christ.
2.	List areas where you still struggle to live in your new identity.
3.	Pray for strength to live fully as a new creation in Christ.







#### Prayer for Today

















#### Your Verse

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself."

#### **Supporting Scriptures**

- Luke 12:15 "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."
- Hebrews 13:5 "Keep your lives free from the love of money and be content with what you have."







#### Devotional: Freedom in Rejecting Others' Demands

People-pleasing often ties us to the expectations and judgments of others about how we live, what we achieve, and who we become. Jesus teaches us in Matthew 6:34 not to be anxious about the future or chained to burdens created by worry for others' approval.

Luke 12:15 warns against greed not only of possessions but also of approval or recognition. The value of our life transcends external achievements and rewards.

Hebrews 13:5 reminds us to be content with what we have — including our current identity and circumstances — not fueled by a restless desire to meet others' expectations.

Today, reflect on how letting go of others' expectations can free you to live more fully in God's peace and contentment.







## Reflect and Apply

1.	What expectations of others feel heaviest on your soul?
2.	How does worrying about meeting those expectations impact your peace?
3.	What would it look like to live content and free from these worries?







#### **Journaling Prompts**

1.	Make a list of expectations you feel pressured to fulfill.
2.	Write a prayer surrendering those burdens to God.
3.	Journal about areas where you can practice contentment today.







#### Prayer for Today

**Gracious Father,** help me to release the weight of others' expectations. Teach me to live in Your peace, trusting Your provision and timing. Give me contentment in who I am and where I am, not driven by pressure to perform. Help me to focus on You above all. Amen.







# Day 10: Breaking the Chains of Fear of Man









Day 10: Preaking the Chains of Fear of Man

#### Your Verse

Proverbs 29:25 – "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."

#### **Supporting Scriptures**

- Isaiah 54:14 "In righteousness you will be established; faithfulness will be your shield and rampart."
- Psalm 118:6 "The Lord is with me; I will not be afraid. What can mere mortals do to me?"







Day 10: Preaking the Chains of Fear of Man

#### Devotional: Trusting God to Overcome Fear of Others

Fear of man is a powerful snare that traps many in continual people-pleasing. Proverbs 29:25 encapsulates this truth and contrasts it with the safety found in trusting God.

Isaiah 54:14 promises that righteousness and faithfulness will guard and protect those who follow God's ways, giving a firm foundation against fear.

Psalm 118:6 affirms God's presence and power, reminding us that the worst others can do pales in comparison to God's protection. Choice to trust God over fearing man initiates freedom.

Reflect today on fears you hold about others' opinions and ask God to break these chains, establishing you firmly in His security.







Day 10: <a>Breaking the Chains of Fear of Man</a>

## Reflect and Apply

1.	What fears related to others' judgments limit my choices?
2.	How have I experienced God's protection in fearful moments?
3.	What steps can I take to deepen my trust in the Lord?







Day 10: <a>Breaking the Chains of Fear of Man</a>

#### **Journaling Prompts**

1.	Write about a fear of man that recently affected you.
2.	Recall a time God delivered you from fear.
3.	Pray for boldness to stand on God's promises today.







Day 10: Breaking the Chains of Fear of Man

#### Prayer for Today

**Lord,** I acknowledge the fear of man that often snares me. Help me to place my trust in You alone, knowing You protect and establish me. Strengthen my faith to walk boldly in Your righteousness and faithfulness. Remind me Your presence removes all fear. Amen. ( )















#### Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

#### **Supporting Scriptures**

- Psalm 23:2-3 "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







#### Devotional: Restoring Your Soul in God's Care

People-pleasing often leads to exhaustion — mental, emotional, and spiritual fatigue. Jesus' invitation in Matthew 11:28 offers restoration for weary souls.

Psalm 23 paints a peaceful image of God leading us to places of rest and refreshment, restoring our souls. Isaiah 40:31 promises renewal of strength through hope in the Lord.

Intentional Sabbath is a powerful way to reclaim your well-being by resting in God's presence, stepping away from striving to meet others' expectations.

Today, consider how practicing rest can help restore your identity and deepen your trust in God.







## Reflect and Apply

1.	How has striving to please others drained you?
2.	What does true rest look like in your life?
3.	How can Sabbath practices support your healing journey?







#### **Journaling Prompts**

1.	Journal about your current rhythms of rest and work.
2.	List ways you can incorporate Sabbath or quiet time.
3.	Pray for the ability to rest deeply in God's love.







#### Prayer for Today

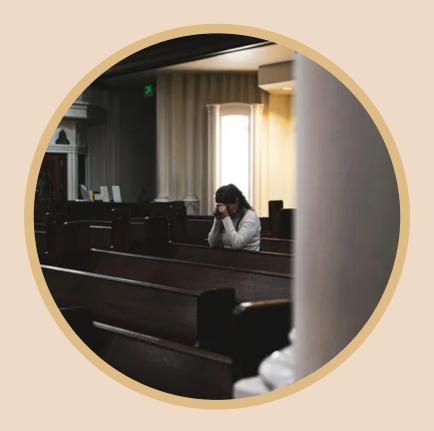
**Jesus,** thank You for inviting me to come to You when I am weary. Help me to find rest in Your presence and to let go of burdens I carry. Refresh my soul and renew my strength as I trust in You. Teach me to Sabbath well for my healing and growth. Amen. 💮 😂 🙏







# Day 12: XX Walking in God's Grace, Not Performance









#### Your Verse

Ephesians 2:8-9 - "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Titus 3:5 "He saved us, not because of righteous things we had done, but because of his mercy."







## Devotional: Freed by God's Unmerited Grace

Addiction to approval often manifests as a striving to earn love and acceptance through performance. Ephesians 2:8-9 reminds us that salvation and acceptance come by grace alone, not by our works or efforts.

Paul's words in 2 Corinthians 12:9 reveal that God's grace is enough, especially in our weaknesses where human performance fails. Titus 3:5 teaches us that God saves because of His mercy, not because we achieve righteousness on our own.

Today, reflect on the liberating truth that God's grace covers and restores us fully, freeing us from the exhausting treadmill of people-pleasing performance.







# Reflect and Apply

1.	Where do you feel pressured to perform for acceptance?
2.	How can embracing grace change your view of approval?
3.	What weaknesses are present that God wants to use for His glory?







# **Journaling Prompts**

1.	Write about struggles with performance and striving.
2.	Record Scriptures that celebrate grace over works.
3.	Pray asking God to help you rest in His mercy today.







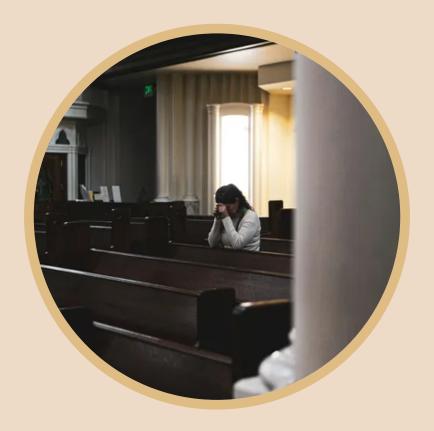
# Prayer for Today

**Merciful Father,** thank You that Your grace is sufficient for me. Help me to let go of striving to earn love through performance. Teach me to live fully in Your mercy and strength. May Your power show perfect in my weakness. I rest in Your unmerited favor. Amen.  $\spadesuit$   $\bigwedge$ 















#### Your Verse

2 Peter 3:9 – "The Lord is not slow in keeping his promise... not wanting anyone to perish, but everyone to come to repentance."

#### **Supporting Scriptures**

- Psalm 103:8 "The Lord is compassionate and gracious, slow to anger, abounding in love."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."







#### Devotional: God's Patience Walks With You

Healing from approval addiction is a journey, not a quick fix. God's patience with us throughout this process is abundant and steady.

2 Peter 3:9 declares that God is not slow but longs for everyone's repentance and restoration. Psalm 103:8 describes Him as compassionate and gracious, slow to anger, and full of love.

Lamentations 3:22–23 highlights that His mercies are new every morning, inviting us into fresh hope continuously.

Today, receive God's patient love over your healing pace and embrace His faithfulness through each step, no matter how small.







# Reflect and Apply

1.	How do you respond when your healing feels slow?
2.	What reminders of God's compassion help you rest in the process?
2	How can you trust God's timing over your own expectations?
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# **Journaling Prompts**

1.	Write about your healing journey so far with honesty.
2.	Record moments when God's faithfulness was most evident.
3.	Pray asking for patience and trust in God's timing.







# Prayer for Today

**Patient God,** thank You for Your steadfast love and compassion as I grow and heal. Help me not to grow discouraged when progress feels slow. Teach me to trust Your perfect timing and to rest in Your faithfulness each day. Renew my hope constantly. Amen.  $\Sigma$ 







# Day 14: 🂝 Building Healthy Boundaries









Day 14: 🎔 Building Healthy Boundaries

#### Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 14: 🍑 Building Healthy Boundaries

## Devotional: Guarding Your Heart Through Boundaries

One cause of approval addiction is the inability to set healthy boundaries, leading to exhaustion and loss of self.

Proverbs 4:23 urges us to guard our hearts because our actions flow from what we allow in emotionally and spiritually. Boundaries protect our wellbeing.

Jesus' teaching in Matthew 5:37 promotes honesty and clarity in our commitments — saying yes or no clearly helps manage expectations and prevents people-pleasing.

Galatians 6:2 balances this by encouraging us to carry others' burdens rightly, without compromising our own heart's health.

Today, reflect on where you need to set or strengthen boundaries to protect your heart and preserve your freedom in Christ.







Day 14: 🂝 Building Healthy Boundaries

# Reflect and Apply

1.	Where do I struggle to say no or set limits?
2.	How have weak boundaries increased my need for approval?
3.	What healthy boundaries would foster freedom and peace?







Day 14: 🂝 Building Healthy Boundaries

# **Journaling Prompts**

1.	Write about areas where boundaries are unclear or broken.
2.	List ways you can lovingly implement boundaries.
3.	Pray for courage and wisdom to uphold these boundaries.







Day 14: 🎔 Building Healthy Boundaries

## Prayer for Today

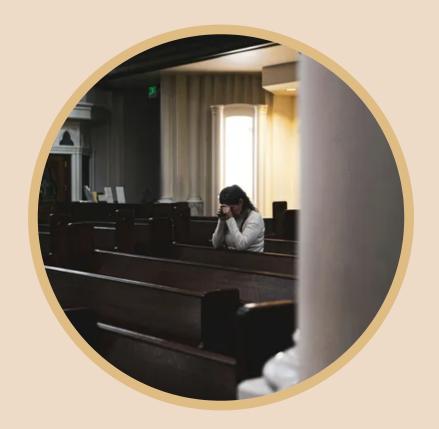
**Lord,** help me to guard my heart by setting healthy boundaries. Give me strength to say no when needed and to communicate honestly with others. Teach me to balance compassion with care for myself so that I can live freely and love well. Amen.







# Day 15: W Cultivating Contentment in God









Day 15: 👸 Cultivating Contentment in God

#### Your Verse

Philippians 4:11-13 - "I have learned to be content whatever the circumstances... I can do all this through him who gives me strength."

#### **Supporting Scriptures**

- 1 Timothy 6:6 "Godliness with contentment is great gain."
- Hebrews 13:5 "Keep your lives free from the love of money and be content with what you have."







Day 15: 👸 Cultivating Contentment in God

#### Devotional: Finding True Contentment in Christ

The craving for approval is often rooted in a deeper discontent with who we are or where we are in life. Paul's words in Philippians 4:11–13 illustrate a profound secret: contentment comes not from circumstances but from strength supplied by Christ.

1 Timothy 6:6 reinforces that godliness paired with contentment yields great gain, pointing us towards a heart posture pleasing to God.

Hebrews 13:5 reminds us to live free from love of worldly things and be content with God's provision, including our identity.

Reflect today on areas of discontent and invite God to cultivate deep peace and satisfaction grounded in Him alone.







Day 15: 餐 Cultivating Contentment in God

# Reflect and Apply

1.	What areas trigger discontent that fuel approval addiction?
2.	How can you lean on Christ's strength to cultivate contentment?
3.	What practical changes support a content heart?







Day 15: 餐 Cultivating Contentment in God

# **Journaling Prompts**

1.	List blessings and reasons to be content today.
2.	Write about challenges that challenge your contentment.
3.	Pray asking God to help you grow in contentment and trust.







Day 15: 👸 Cultivating Contentment in God

# Prayer for Today

**Jesus,** teach me to be content in all circumstances by depending on Your strength. Help me to reject restlessness and comparison, embracing Your provision and love. Cultivate a heart of peace and acceptance that reflects Your grace. Amen. 😂 💙 🙏















#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

## **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







# Devotional: Receiving God's Healing for Inner Wounds

Many people-pleasing behaviors mask deeper emotional wounds — rejection, abandonment, or hurt that go unhealed.

Psalm 147:3 assures us that God heals broken hearts and cares tenderly for our pain. Isaiah 61:1 highlights that Jesus came to bind up the brokenhearted, actively involved in our restoration.

Matthew 5:4 blesses those who mourn because comfort awaits them. God's invitation is to bring our wounds into His healing embrace rather than cover them through approval-seeking.

Take time today to acknowledge any emotional pain hiding beneath your addiction and allow God's healing love to touch those areas.







# Reflect and Apply

1.	What hidden hurts might fuel my need for approval?
2.	How open am I to letting God heal those areas?
3.	What comfort from God do I need to accept today?







# **Journaling Prompts**

1.	Write about a painful experience that impacts self-worth.
2.	Journal your feelings as you invite God to heal.
3.	Pray for healing and courage to face your wounds.







# Prayer for Today

**Healer God,** I bring my brokenness to You today. Please touch the wounds that stir my need for approval and mend my heart with Your love. Comfort me in mourning and restore my soul with Your peace. Thank You for Your tender care. Amen.















#### Your Verse

Zephaniah 3:17 - "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

#### **Supporting Scriptures**

- Psalm 8:5-6 "You made them a little lower than the angels and crowned them with glory and honor."
- 1 Peter 2:9 "You are a chosen people, a royal priesthood, a holy nation."







#### Devotional: Speaking God's Affirmations Over Yourself

Often our self-view is shaped by negative messages rather than God's affirming words. Zephaniah 3:17 paints a vivid picture of God's delight and joy over us.

Psalm 8:5-6 reminds us of the high honor we hold in creation's design. We are crowned with glory and dignity.

1 Peter 2:9 further declares that we belong to a chosen, holy, royal people of God, cherished and set apart.

Today, meditate on these affirmations from Scripture. Speak them aloud or write them over yourself as healing truths that replace the lies that feed approval addiction.







# Reflect and Apply

1.	What lies about my worth do I need to counter?
2.	How can declaring God's affirmations shape my identity?
3.	What Scripture affirmations bring you the most encouragement?







# **Journaling Prompts**

1.	Write down these affirmations and personalize them.
2.	Record moments when you felt God's delight in you.
3.	Pray declaring your worth as God's beloved child.







# Prayer for Today

**Father,** thank You for delighting in me and rejoicing over me with love. Help me to hear and believe Your affirming words above all else. Teach me to speak Your truths over myself, breaking free from lies and fear. You crown me with glory and honor. Amen.







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#### Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."
- Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart."







# Devotional: Walking in God's Purpose with Confidence

Fearing man's approval often tempts us to chase opinions that distract from God's unique plans for our lives.

Jeremiah 29:11 provides hope that God has intentional, good plans to prosper us beyond what human approval can offer.

Proverbs 3:5-6 calls us to trust the Lord fully and not rely on our limited understanding, including the ever-changing voices of others. Psalm 37:4 encourages delighting in God so He shapes the desires of our hearts.

Today, release control of your future to God's trustworthy hands rather than seeking acceptance through others' eyes.







# Reflect and Apply

1.	How can trusting God reduce my need for others' approval?
2.	What plans has God put on your heart that require faith?
3.	How does delighting in God reshape your desires?







#### **Journaling Prompts**

1.	Write about fears about your future related to others' opinions.
2.	Record ways God has shown His faithfulness in your life.
3.	Pray for courage to follow God's plan confidently.







#### Prayer for Today

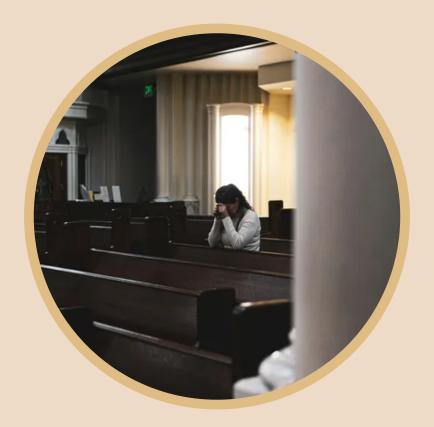
**Lord,** thank You for Your good plans for me. Help me to trust You wholeheartedly and not lean on the approval or understanding of others. Guide me as I delight in You, shaping my heart's desires to align with Your purpose. I place my future in Your faithful hands. Amen.  $\triangle \$ 

















#### Your Verse

1 Corinthians 10:13 - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."

#### **Supporting Scriptures**

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."







# Devotional: Empowered to Resist Temptation to Please

Part of recovering from approval addiction is learning to say no — resisting the temptation to please at the expense of your own well-being.

1 Corinthians 10:13 reassures us that temptation is common but God faithfully provides a way through so we aren't overwhelmed.

James 4:7 encourages submission to God as the first step to resisting negative influences that fuel people-pleasing, while Galatians 5:16 reminds us to walk by the Spirit for strength to overcome fleshly desires.

Today, pray for strength to say no when needed and to honor God's leading rather than human pressure.







# Reflect and Apply

1.	What situations make it hardest for me to say no?
2.	How does God provide strength during these moments?
3.	What spiritual habits help me walk by the Spirit daily?







# **Journaling Prompts**

1.	Write about recent times you struggled to say no.
2.	List ways you can prepare spiritually to resist pressure.
3.	Pray for boldness to resist unhealthy approval-seeking.







#### Prayer for Today

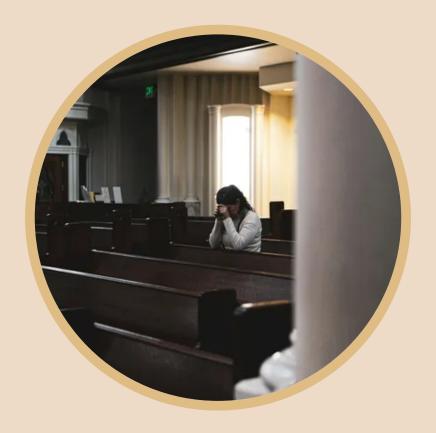
**God of strength,** thank You for Your faithfulness in temptation. Help me to say no when people-pleasing tries to trap me. Teach me to submit to You fully and to walk by Your Spirit moment by moment. Empower me to live free and strong in Your grace. Amen.







# Day 20: Embracing Your Role in God's Family









Day 20: C Embracing Your Role in God's Family

#### Your Verse

Romans 8:15 – "The Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'"

#### **Supporting Scriptures**

- Ephesians 1:5 "He predestined us for adoption to sonship through Jesus Christ."
- 1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God!"







Day 20: C Embracing Your Role in God's Family

#### Devotional: Belonging Securely as God's Child

Recovering identity includes embracing your position in God's family as His beloved child.

Romans 8:15 celebrates the Spirit's role in our adoption, giving us intimate access to call God 'Abba, Father.' This speaks to deep belonging and security beyond human approval.

Ephesians 1:5 highlights that this adoption is God's predestined plan for us — we belong by choice and grace. 1 John 3:1 celebrates this lavish love that establishes our identity as children of God.

Today, rejoice in your belonging and reflect on how this family identity provides freedom from people-pleasing bondage.







Day 20: 🖰 Embracing Your Role in God's Family

# Reflect and Apply

1.	How does knowing you are God's child affect your self-worth?
2.	What insecurities does this truth challenge?
3.	How can you live out your identity in God's family confidently?







Day 20: 🖰 Embracing Your Role in God's Family

#### **Journaling Prompts**

1.	Write about your feelings of belonging or exclusion in families.
2.	Meditate on being adopted by God and journal your response.
3.	Pray thanking God for making you part of His family.







Day 20: 🖰 Embracing Your Role in God's Family

#### Prayer for Today

**Abba Father,** thank You for adopting me as Your child. Help me to live confidently in this identity, secure in Your love and care. Remove any doubts or insecurities that drive me to seek human approval. May my heart rest fully in being Your beloved. Amen. **Page 97** 







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#### Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

#### **Supporting Scriptures**

- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."
- John 15:15 "I have called you friends, for everything that I learned from my Father I have made known to you."







#### Devotional: Living Fully Free in Christ's Love

As we close this 21-day journey, rejoice in the freedom Christ offers from addiction to approval and the renewed identity you have found in Him.

Galatians 5:1 encourages standing firm in this freedom and not returning to slavery to people's judgments. 2 Corinthians 3:17 affirms that where the Spirit is, there is true liberty.

Jesus calls us His friends (John 15:15) — intimate, valued, and fully accepted.

Celebrate today the new beginning you have in Christ. Stand boldly in your true identity and walk forward empowered by His Spirit.







# Reflect and Apply

1.	How has your view of approval changed through this study?
2.	What freedom are you experiencing in Christ today?
3.	How will you stand firm in your new identity moving forward?







# **Journaling Prompts**

1.	Write a testimony of your journey from approval addiction to freedom.
2.	List commitments to maintain your spiritual freedom.
3.	Pray with gratitude for God's work in your life.







#### Prayer for Today

**Lord Jesus,** thank You for setting me free from the chains of needing approval. I stand firm in the identity You've given me as Your friend and child. Fill me continually with Your Spirit's freedom and love. Help me to walk boldly and live fully in Your grace. Amen.







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