



Breaking Free from People-Pleasing



Find freedom from the pressure to please everyone.
This 7-day Bible study guide helps women embrace
God's approval over people's opinions.



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Introduction

From a young age, many women are taught—directly or indirectly—that their worth is tied to **how happy they can keep others**. Whether it's being the “good girl,” the “peacekeeper,” or the “selfless helper,” the message is clear: your value is connected to approval. But this striving can become exhausting—and it often leads to anxiety, burnout, and a deep sense of disconnection from your true self.

If you're weary from saying “yes” when you want to say “no,” or constantly second-guessing your worth based on how others view you, you're not alone. The Bible speaks directly to this. God does not call us to live for the applause of others—but to rest in **His unshakable love and approval**.

This 7-day Bible study is an invitation to break free from the chains of people-pleasing and walk boldly in the identity God has given you. Each day will guide you through Scripture, reflection, and journaling to realign your heart with His truth.





Day 1: The Trap of People-Pleasing



Day 1: The Trap of People-Pleasing

Your Verse

“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.” — Galatians 1:10 (NIV)

Supporting Scriptures

- **Proverbs 29:25 (NIV)**
“Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.”
- **1 Thessalonians 2:4 (NIV)**
“We are not trying to please people but God, who tests our hearts.”
- **Colossians 3:23 (NIV)**
“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”



Day 1: The Trap of People-Pleasing

Devotional: ✨ Devotional

Let's be honest—**people-pleasing feels rewarding... until it doesn't.** At first, it may look like kindness or humility. But over time, it becomes a trap. You begin editing yourself to avoid conflict, performing to gain acceptance, and saying yes when your soul is screaming no.

Galatians 1:10 cuts right to the heart: we cannot serve two masters. If your life is centered around keeping others happy, you'll constantly feel anxious, overcommitted, and unsure of your value. The need for human approval becomes a snare (Proverbs 29:25), pulling your heart away from the peace of God's presence.

But the good news is this—**you don't need to earn God's approval. You already have it in Christ.** The cross settled your value once and for all.

What would change in your life if your decisions were based not on fear of rejection but on faith in God's love? This is your invitation to step out of the trap and into truth.



Day 1: The Trap of People-Pleasing

Journaling Prompts

1. Where do you notice people-pleasing most in your life right now?

2. How does seeking approval from others affect your peace and decisions?

3. Write a prayer asking God to help you seek His approval above all.



Day 1: The Trap of People-Pleasing

Prayer for Today





Day 2: Living for an Audience of One



Your Verse

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

— *Colossians 3:23 (NIV)*

Supporting Scriptures

- *Matthew 6:1 (NIV)*

"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven."

- *Psalms 139:1-2 (NIV)*

"You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar."

- *Romans 12:1 (NIV)*

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."



Day 2: Living for an Audience of One

Devotional: ✨ Devotional

Living for an audience of one means we no longer live by the praise or disappointment of others. Instead, our hearts turn to God alone as the source of our worth, our guide for decisions, and the one who truly sees us.

Colossians 3:23 teaches that everything we do—whether it's work, relationships, or acts of service—should be done with excellence, not for applause, but as an offering to God. This is radically freeing. When we stop living for others' opinions, we start living in peace.

People's praise is often inconsistent. One moment, they applaud your kindness. The next, they may question your boundaries. But God sees the motives of your heart every time. Psalm 139 reminds us that He knows us intimately and judges righteously.

When you live with God as your audience, you stop performing. You start thriving. You begin to feel the weight of people-pleasing lift as you align your actions with what pleases the Lord. Ask yourself: am I doing this to be liked—or out of love for my Savior?



Journaling Prompts

1. Reflect on an area where you're still seeking approval from people.

2. What might it look like to approach that area as an act of worship instead?

3. Write a prayer asking God to remind you of His presence as your constant audience.



Day 2: Living for an Audience of One

Prayer for Today





Day 3: Pleasing God, Not People



Your Verse

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

— 1 Thessalonians 2:4 (NIV)

Supporting Scriptures

- ***Proverbs 16:7 (NIV)***

"When the Lord takes pleasure in anyone's way, he causes their enemies to make peace with them."

- ***Ephesians 6:6 (NIV)***

"Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart."

- ***Psalms 19:14 (NIV)***

"May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer."



Devotional: Devotional

There's something beautifully simple—and spiritually powerful—about living to please just one Person: God. 1 Thessalonians 2:4 gives us a mirror into our motives. Are we doing this to be seen? Or because it's right in God's eyes?

Pleasing people can bring temporary validation, but it never brings lasting peace. God's approval, however, is rooted in love, truth, and eternal security. He doesn't require us to perform, but to walk in obedience and faith.

God sees your inner motives even when others misunderstand your actions. He weighs the intentions of the heart. Unlike people, His judgment is always fair. When you shift your mindset to pleasing God, your actions begin to reflect clarity, conviction, and courage. You no longer twist yourself to fit others' expectations—you stand in the identity God has given you.

The pressure melts away when we stop performing for the world and start walking closely with our Creator.



Journaling Prompts

1. In what areas of life are you most tempted to seek people's praise?

2. How does it make you feel to know that God looks at your heart?

3. Write out Psalm 19:14 and personalize it as a prayer today.



Day 3: Pleasing God, Not People

Prayer for Today





Day 4: Setting Healthy Boundaries



Your Verse

"Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil."

— *Matthew 5:37 (ESV)*

Supporting Scriptures

- ***Proverbs 4:23 (NIV)***

"Above all else, guard your heart, for everything you do flows from it."

- ***2 Corinthians 9:7 (NIV)***

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

- ***Luke 5:16 (NIV)***

"But Jesus often withdrew to lonely places and prayed."



Day 4: Setting Healthy Boundaries

Devotional: ✨ Devotional

Jesus—perfect in love—**also had boundaries**. He withdrew from crowds, said “no” to demands, and didn’t feel guilty about resting. That’s our example.

Many women struggle to say “no” because they fear letting others down. But Matthew 5:37 encourages us to let our yes be yes and our no be no. Clear, honest communication is both biblical and loving. Boundaries are not selfish; they’re wise and essential.

Proverbs 4:23 reminds us that our hearts must be guarded. People-pleasing weakens those protective walls, allowing guilt and resentment to creep in. Boundaries are like fences—not walls to shut people out, but guidelines to honor your God-given peace, time, and values.

Jesus, though perfectly loving, didn’t heal everyone. He didn’t meet every demand. Why? Because His mission was not dictated by people—it was guided by the Father. You too can walk in love while living with priorities that protect your spirit.



Day 4: Setting Healthy Boundaries

Journaling Prompts

1. Where do you need to say “no” so that your “yes” can be genuine?

2. Have you ever felt resentment after saying yes to something you didn’t want to do?

3. Ask God in prayer: “What boundaries do I need to set this week?”



Day 4: Setting Healthy Boundaries

Prayer for Today





Day 5: Letting Go of the Fear of Rejection



Your Verse

“The Lord is with me; I will not be afraid. What can mere mortals do to me?”
— *Psalms 118:6 (NIV)*

Supporting Scriptures

- *Isaiah 41:10*
- *Romans 8:31*
- *John 15:18-19*



Day 5: Letting Go of the Fear of Rejection

Devotional: ✨ Devotional

The fear of rejection is one of the deepest drivers of people-pleasing. You say yes when you want to say no. You apologize for things you didn't do. You shrink back instead of standing tall—all to avoid disapproval.

But God reminds you: **You are never alone.** Even if others walk away, He remains. Rejection from people can be painful, but it doesn't define your worth. God's acceptance of you is not conditional.

Jesus Himself was rejected—by His hometown, religious leaders, and close friends. Yet He kept walking forward, rooted in the Father's love. You can too.



Journaling Prompts

1. Where have you experienced fear of rejection?

2. How has that fear shaped your decisions?

3. Ask God to help you release that fear and rest in His love.



Prayer for Today





Day 6: Trusting God's Plan Over Pleasing People



Your Verse

“Trust in the Lord with all your heart and lean not on your own understanding.”

— *Proverbs 3:5 (NIV)*

Supporting Scriptures

- *Jeremiah 29:11*
- *Isaiah 55:8-9*
- *Psalms 37:5*



Day 6: Trusting God's Plan Over Pleasing People

Devotional: ✨ Devotional

When you chase people's approval, it's easy to detour from God's plan. Suddenly, you're living someone else's version of your life—not God's.

But your future doesn't rest in others' opinions. It rests in God's hands. He knows the plans He has for you—and they are good. When you choose obedience over approval, peace follows.

People may not always understand your choices. That's okay. Your job is to follow God—not their expectations.



Day 6: Trusting God's Plan Over Pleasing People

Journaling Prompts

1. Where are you tempted to follow people over God?

2. What would it look like to trust His plan more deeply?

3. Surrender your plans to Him in a written prayer.



Day 6: Trusting God's Plan Over Pleasing People

Prayer for Today





Day 7: Living Boldly in Freedom



Day 7: Living Boldly in Freedom

Your Verse

“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.” — Galatians 5:1 (NIV)

Supporting Scriptures

- *John 8:36*
- *2 Timothy 1:7*
- *Romans 12:2*



Day 7: Living Boldly in Freedom

Devotional: ✨ Devotional

You were not saved to live shackled to approval. Jesus died to set you free—from sin, from shame, and yes, from the slavery of people-pleasing.

Freedom doesn't mean you stop caring about others. It means you **care rightly**—from a full heart, not an empty one. It means your actions flow from **love**, not fear.

Today, declare it: I am free. I am accepted. I am bold. You don't need to shrink to fit into someone else's comfort zone. You were made to shine.



Journaling Prompts

1. How has this study changed your perspective on people-pleasing?

2. What new habits or boundaries will you implement?

3. Write a declaration of your identity and freedom in Christ.



Day 7: Living Boldly in Freedom

Prayer for Today





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