Chasing Jesus — Freedom from Popularity Addiction



Discover how to replace the hunger for popularity with the lasting approval of Jesus over seven transformative days.





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Introduction

Welcome to your 7-day journey on overcoming addiction to popularity. In a culture where status and approval at school or work often define our worth, it's easy to find ourselves caught in an exhausting chase. This Bible study plan invites you to shift your focus from fleeting popularity to the eternal approval of Jesus.

Being addicted to popularity means constantly measuring your value by the opinions of others — the likes, the compliments, the social standings. Yet Jesus offers a better way: a secure identity rooted in His love and acceptance.

Over the next seven days, you will explore powerful Scriptures and reflections that will help you recognize the cost of craving human approval, understand how Jesus values you beyond any status, and empower you to live with freedom from approval addiction. Through prayer, reflection, and journaling, you'll draw closer to the heart of God and find contentment in His unchanging love.

As you engage, remember: **Jesus' approval is the only approval that truly satisfies and lasts. ?** Let's dive in together!







Day 1: XX Understanding the Popularity Trap









Day 1: 🎇 Understanding the Popularity Trap

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

- Proverbs 29:25 "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."
- John 12:43 "For they loved human praise more than praise from God."







Day 1: 🎇 Understanding the Popularity Trap

Devotional: Recognizing the Cost of Chasing Human Praise

Popularity can feel like a powerful magnet, drawing us in with attention and affection. But as Paul reminds us in Galatians 1:10, chasing human approval can conflict with our commitment to Christ. This pursuit often leads us away from God's perfect plan for us.

It's important to recognize when the desire to be liked is leading us into fear, stress, or making choices that compromise our values. Proverbs 29:25 warns about the snare of fearing others' opinions—this snare entraps us in a cycle of anxiety and insecurity.

John's observation about loving human praise more than God's invites us to assess where our heart truly seeks approval. Are we living to impress people, or are we serving Jesus wholeheartedly?

Today, reflect on your motivations. Where have you sought popularity? And how might that distance you from God's authentic approval?







Day 1: 💥 Understanding the Popularity Trap

Reflect and Apply

1.	When have you found yourself prioritizing others' opinions over God's desires for your life?
2.	How has seeking popularity impacted your peace and authenticity?
	In what ways can recognizing this 'popularity trap' lead you closer to Jesus?







Day 1: 💥 Understanding the Popularity Trap

Journaling Prompts

1.	List moments when you felt pressure to be popular or accepted.
2.	. Write about how those moments aligned or conflicted with your faith.
3.	. Prayerfully journal your desire for God's approval today.







Day 1: 🎇 Understanding the Popularity Trap

Prayer for Today

Dear Lord, help me to see clearly when I am chasing the temporary applause of people instead of Your everlasting approval. Give me courage to stand firm in Your truth and freedom from the fear of what others think. Teach me to trust wholly in You and find my worth in Your love alone. May my heart delight in pleasing You above all else. *In Jesus' name, Amen.* \bigwedge

















Day 2: Finding Your Identity in Christ

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

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."







Day 2: Finding Your Identity in Christ

Devotional: Embracing Your God-Given Worth and Identity

Your true identity is not defined by popularity or acceptance, but by being a new creation in Christ. 2 Corinthians 5:17 reveals the beautiful transformation available to all who follow Jesus — the old self addicted to human approval fades and a new empowered self emerges.

Ephesians 2:10 highlights that you are God's masterpiece, created intentionally with purpose and value. This means your worth is grounded in God's design, not in how many people like you at school or work.

Psalm 139:14 celebrates your unique creation, convincing us that God's view of you is full of wonder and delight. When you rest in this truth, the need to chase popular approval loses its grip.

Today, embrace your identity in Christ and write down qualities God has given you that make you valuable beyond popularity.







Reflect and Apply

	How does understanding yourself as a new creation change your view of popularity?
	What gifts or qualities has God uniquely given you that don't depend on others' opinions?
3.	How can focusing on your identity in Christ help you resist approval addiction?







Journaling Prompts

1.	Describe who you are in Christ and what that means to you.
2.	Write about areas where you struggle to accept God's view over others'.
3.	List ways you can remind yourself daily of your true identity.







Day 2: Finding Your Identity in Christ

Prayer for Today







Day 3: 66 Seeing Others Through God's Eyes









Day 3: Seeing Others Through God's Eyes

Your Verse

1 Samuel 16:7 - "People look at the outward appearance, but the LORD looks at the heart."

Supporting Scriptures

- Matthew 23:27 "You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead."
- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."







Day 3: Seeing Others Through God's Eyes

Devotional: Looking Beyond the Surface to the Heart

When addicted to popularity, we often focus on outward appearance — what's trendy, who's well-liked, or how to fit in. Yet God calls us to a deeper perspective. 1 Samuel 16:7 reminds us that unlike humans, God looks not at the surface but at the heart.

This is a challenge to us: while we may compete for status, God values authenticity and inner transformation rather than external validation.

Jesus highlights this in Matthew 23:27, warning against putting on a mask to appear acceptable. Instead, Romans 12:2 encourages us to renew our minds, resisting worldly patterns that promote superficial popularity.

Consider today how you can see yourself and others with God's compassionate, honest eyes — beyond the surface.







Day 3: Seeing Others Through God's Eyes

Reflect and Apply

1.	In what ways do you focus on appearances to gain approval?
	How might seeing yourself as God sees you change your behavior and mindset?
3.	How can viewing others through God's eyes influence your relationships?







Day 3: Seeing Others Through God's Eyes

Journaling Prompts

1.	Write about a time you prioritized outward image over inner truth.
2.	Describe qualities in yourself God might value that others overlook.
3.	List ways you can grow to see others with grace and honesty.







Day 3: Seeing Others Through God's Eyes

Prayer for Today

Lord, open my eyes to see beyond appearances. Help me to value the heart You cherish rather than human approval based on looks or status. Teach me to be authentic and to view others with Your kindness and truth. Transform my mind and heart to reflect Your love. *In Jesus' name, Amen.* 😂 🏵 🕒















Day 4:

Guarding Your Heart Against Approval Addiction

Your Verse

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

Supporting Scriptures

- Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."
- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."







Day 4:

Guarding Your Heart Against Approval Addiction

Devotional: Protecting Your Heart with God's Wisdom

Our hearts are the source of our desires and choices—guarding them is essential. Proverbs 4:23 warns us to protect our hearts, especially from the lure of pleasing others at the cost of our soul's health.

Chasing popularity can subtly influence decisions until it controls us. Jesus invites us instead in Matthew 6:33 to prioritize His kingdom and righteousness, promising that our needs will be met when our hearts are rightly placed.

When tempted or uncertain, James 1:5 encourages trusting God for wisdom to stay focused on what truly matters. Guarding your heart means setting boundaries and daily choosing Jesus' approval over status.

Today, ask God to help you guard your heart and seek His kingdom above all.







Day 4: ① Guarding Your Heart Against Approval Addiction

Reflect and Apply

1.	What unhealthy influences might be affecting your heart's desires?
2.	How can prioritizing God's kingdom change your daily choices?
	When faced with pressure to seek popularity, how can you seek God's wisdom?







Day 4: ① Guarding Your Heart Against Approval Addiction

Journaling Prompts

1.	Reflect on places or people that encourage unhealthy approval seeking.
2.	Write a prayer asking God to guard your heart.
3.	List practical ways you can seek God first each day.







Day 4: ① Guarding Your Heart Against Approval Addiction

Prayer for Today

Father, guard my heart from the dangerous pull of popularity addiction. Help me to keep my eyes on Your kingdom, seeking Your righteousness above all else. When I am tempted to conform or chase approval, give me wisdom and strength to stand firm in You. Thank You for guiding me with Your generous love. *In Jesus' name, Amen.*







Day 5: Renewing Your Mind and Desires









Day 5: Renewing Your Mind and Desires

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—if anything is excellent or praiseworthy—think about such things."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Day 5: Q Renewing Your Mind and Desires

Devotional: Transforming Your Mind to Seek God's Values

Breaking free from popularity addiction requires transforming how we think and what we desire. Romans 12:2 challenges us not to conform to worldly patterns, which often promote self-promotion and external status, but to renew our minds through God's truth.

Philippians 4:8 offers a guide: deliberately focus on what is pure, noble, and excellent rather than on approval or popularity.

Colossians 3:2 calls us to set our minds on heavenly things — the eternal values and promises of God — instead of temporary earthly accolades.

Today, consider what thoughts and desires you need to replace to chase Jesus' approval rather than popularity.







Day 5: Renewing Your Mind and Desires

Reflect and Apply

1.	What worldly patterns or thoughts encourage your need for popularity?
2.	How can focusing on what is pure and excellent help renew your mind?
3.	What practical steps can you take to set your mind on things above daily?







Day 5: Q Renewing Your Mind and Desires

Journaling Prompts

Write down common thoughts you have about popularity or acceptance.
Replace those with biblical truths you want to meditate on.
Plan how you will practice renewing your mind this week.







Day 5: Renewing Your Mind and Desires

Prayer for Today

Lord Jesus, renew my mind and cleanse my desires. Help me to reject worldly patterns of popularity and to focus on Your truth and righteousness. Guide my thoughts to what is pure and lovely, setting my heart on heavenly things. Empower me to live transformed by Your Spirit. *In Your holy name, Amen.*

















Your Verse

Hebrews 10:24–25 – "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls, one can help the other up."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: Building Authentic Relationships in Christ

Popularity often pushes us to compete and compare, but Jesus calls us into authentic community. Hebrews 10:24–25 emphasizes the importance of gathering with fellow believers to encourage love and good works.

Ecclesiastes 4:9-10 reminds us that real strength and support come from walking life together — not from being the most popular, but from being known and caring deeply.

Galatians 6:2 challenges us to bear one another's burdens, fostering genuine connection rather than superficial acceptance.

Today, seek to build or deepen connections that reflect Christ's love, rather than focusing on popular status.







Reflect and Apply

1.	How does popularity affect your relationships with others?
2.	What qualities define true Christian community versus popularity?
3.	How can you contribute to a community that values love over status?







Journaling Prompts

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Prayer for Today

Gracious God, thank You for the gift of community. Help me to seek relationships where love and encouragement flourish, not competition or shallow approval. Teach me to carry others' burdens and to be a source of support. May my friendships glorify You above all. *In Jesus' name, Amen.* 💝



















Your Verse

Colossians 3:23–24 – "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters... you are serving the Lord Christ."

Supporting Scriptures

- Matthew 6:24 "You cannot serve both God and money."
- 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?"







Devotional: Committed to Jesus' Approval Over Popularity

Today is a celebration of your commitment to break free from popularity addiction and live fully for Jesus' approval. Colossians 3:23–24 reminds us that everything done for the Lord holds eternal value, regardless of what others think.

Matthew 6:24 challenges divided loyalties, calling us to choose God's kingdom above earthly pursuits — including popularity or status.

Jesus in John 5:44 highlights the danger of craving human glory instead of God's glory.

As you move forward, keep this truth central: your worth, work, and life are ultimately for Christ and His approval alone. This leads to freedom, peace, and purpose.







Reflect and Apply

1.	How will living for Jesus' approval change your daily decisions?
2	What temptations or challenges do you anticipate in this journey?
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3.	How can you remind yourself to keep Christ as your ultimate audience?







Journaling Prompts

1.\	Write a personal commitment statement to seek Jesus' approval daily.
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	Describe practical ways you will practice this commitment at school or work.
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3. l	List prayers or verses to recall when tempted by popularity.
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Prayer for Today

Lord Jesus, I choose today to live for Your approval alone. Help me to work, speak, and walk with You as my true audience. When the desire for popularity tempts me, remind me of eternal truths and Your love. Empower me to live fully in freedom and purpose. *Thank You for Your grace. Amen.*







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