Overcoming People-Pleasing: Embracing God's Approval



Seven-day study to help women overcome peoplepleasing by seeking God's approval and embracing their true identity in Him.





Table of contents

Introduction	3
Day 1: J Finding Our Identity in God	5
<u>Day 2: </u>	11
Day 3: Embracing God's Grace, Not Human Praise	17
Day 4: 6 Strength in Saying No	23
Day 5: Doving Yourself as God Loves You	29
Day 6: XX Walking in Authentic Confidence	35
Day 7: A Living in God's Approval Daily	41







Introduction

Welcome to this insightful 7-day Bible study designed especially for women who struggle with the tendency to please others before God. Many women find themselves caught in a cycle of seeking validation from people—friends, family, coworkers—often at the expense of their own joy and spiritual wellbeing. This journey reminds us that the ultimate approval we need is from God Himself.

People-pleasing can stem from our deep desire to be accepted and loved, but the Bible calls us to a different standard. Rather than molding ourselves to fit human expectations, we are invited to find our identity and worth in Christ, who loved us first and gave His life for us. When we fix our eyes on God's approval, we no longer have to bend to the fluctuating opinions of others and can instead stand strong in our God-given purpose.

Throughout this study, you will find scriptural truths, devotional reflections, and practical journal prompts to help you recognize areas where peoplepleasing has taken root, learn how to prioritize God's will, and embrace freedom in Him. Each day's readings and reflections will encourage you to let go of unhealthy approval–seeking and cultivate a heart that delights in what pleases God above all else.

Remember, this is a process rooted in grace—not perfection. Be gentle with yourself and open to the transforming work of the Holy Spirit. Let these days







be a step toward authentic freedom and deeper intimacy with your loving Father.

















Day 1: B Finding Our Identity in God

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

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful."
- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."







Day 1: **B** Finding Our Identity in God

Devotional: Your True Worth Is Found in God Alone

It's easy to measure our value by how much others appreciate us, but God's Word offers a powerful reminder: our worth and identity come from Him alone. In Galatians 1:10, Paul challenges us to ask whose approval we truly seek. Pleasing people often leads to exhaustion and spiritual compromise, whereas seeking God's approval brings peace and clarity about who we really are.

Psalm 139 beautifully illustrates that God intimately knows and wonderfully made each one of us. This understanding is the foundation of freedom. When we embrace that we are God's handiwork, we find strength to live authentically rather than molding ourselves to fit others' desires.

Today, reflect on what your heart craves approval from most. Let God show you that His acceptance is both complete and unfailing. Allow Him to be the standard by which you define your identity and worth.







Day 1: 🥬 Finding Our Identity in God

Reflect and Apply

1.	Who or what do I most often seek approval from in my daily life?
-	
	How does understanding that I am wonderfully made by God change the way I see myself?
-	
	In what ways might people-pleasing have kept me from fully serving Christ?
-	







Day 1: 🥬 Finding Our Identity in God

Journaling Prompts

1.	Write about a recent situation where you prioritized someone's approval over God's.
2.	List ways God has uniquely created you and how that can build your confidence.
3.	Reflect on how your life might change if you focus on pleasing God first.







Day 1: **B** Finding Our Identity in God

Prayer for Today

Dear Father, help me today to see myself through Your eyes—as Your wonderfully made child. Teach me to seek Your approval above all others, and forgive me for the times I have prioritized people over You. Strengthen me to live as a faithful servant, pleasing You in all I do. *Fill me with Your peace and courage* to stand firm and embrace the identity You've given me. In Jesus' name, Amen.







Day 2: V Guarding Your Heart from People's Opinions









Day 2: O Guarding Your Heart from People's Opinions

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."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 2: • Guarding Your Heart from People's Opinions

Devotional: Protecting Your Heart's Focus on God

Our hearts are the wellspring of life, influencing every thought, choice, and action. Proverbs 4:23 reminds us to protect this vital center above all else. When we constantly seek others' approval, our hearts become vulnerable to anxiety, unrest, and confusion. The opinions of people can become a floodgate, overwhelming our inner peace and steering us away from God's plan.

Jesus invites us in Matthew 6:33 to seek God's kingdom first, promising that all other needs will be met in due time. This call to focus keeps our hearts safe from the stress of chasing human approval. Isaiah 26:3 reassures us that perfect peace accompanies trust in God.

Today, reflect on what 'heart-guarding' looks like for you. What strategies or spiritual disciplines help protect your heart? Ask God to help you shift your focus from pleasing others toward cultivating steadfast trust in Him.







Day 2: **(**) Guarding Your Heart from People's Opinions

Reflect and Apply

	What are some ways I allow others' opinions to influence my heart and decisions?
2.	How can I practically guard my heart each day against the pressures of people-pleasing?
	In what areas do I need to trust God more instead of trying to control outcomes by pleasing others?







Day 2: **(**) Guarding Your Heart from People's Opinions

Journaling Prompts

1.	Describe moments when people's opinions caused you distress and how you reacted.
2.	Write down practical steps you can take to guard your heart from external pressures.
3.	List Bible verses or prayers that help you focus on God over people.







Day 2: ① Guarding Your Heart from People's Opinions

Prayer for Today

Lord, guard my heart as I face the pressure to please others. Help me to fix my eyes on You and seek Your kingdom first in all things. Strengthen my trust so I can experience Your perfect peace, even when others don't approve. Keep me anchored in Your truth, *today and always*. In Jesus' name, Amen. () \hookrightarrow \downarrow







Day 3: Embracing God's Grace, Not Human Praise









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

- 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?"
- 2 Corinthians 12:9 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Living in the Freedom of God's Grace

We often work hard to earn praise and affirmation, but God invites us into a life of freedom founded on His grace. Ephesians 2:8–9 clearly states that salvation—and by extension our value—is a gift, not a reward for human effort or approval.

When we focus on human applause, we risk ignoring the deeper affirmation found in God's love. John 5:44 points out the confusion of seeking glory from people instead of God. Yet God's grace covers our weaknesses and imperfections, inviting us to rely on Him.

2 Corinthians 12:9 assures us that His power shines through our weaknesses —those very places where people–pleasing desires often arise. Embracing God's grace lets us release the pressure to 'perform' and instead rest in His perfect love. Today, receive His grace anew and let it reshape your heart.







Reflect and Apply

1.	How do I rely on my own efforts rather than God's grace for approval?
	In what ways has seeking human praise overshadowed my desire for God's glory?
	What weaknesses or struggles might God want to use to reveal His power through me?







Journaling Prompts

	Recall a moment when you felt burdened to earn approval and how God's grace changed your perspective.
2.	List areas where you can surrender your need to perform and trust God's sufficiency.
3.	Write a prayer asking God to help you embrace His grace fully.







Prayer for Today

Gracious Father, thank You for the gift of Your grace that covers all my imperfections. Help me let go of striving for human applause and find peace in Your unmerited favor. Teach me to rely on Your power, especially in my weaknesses, and live authentically for Your glory alone. I surrender my people-pleasing tendencies to You today. In Jesus' name, Amen.









Day 4: 🖰 Strength in Saying No









Your Verse

Matthew 5:37 - "Let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- 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."







Devotional: The Courage to Set Boundaries

For women prone to people-pleasing, the fear of saying no can be paralyzing, but clear boundaries are vital to spiritual health. Jesus' teaching in Matthew 5:37 emphasizes simple honesty and integrity in our commitments.

Saying no respectfully is not rejection; it's an act of freedom empowered by Christ. Psalm 46:10 encourages us to be still and trust God's sovereignty rather than seeking approval through endless compliance.

Galatians 5:1 reminds us that Christ has set us free to live in liberty, not under the heavy yoke of trying to please everyone. Saying no allows us to guard our hearts and direct our energy toward what truly honors God and sustains us.

Practice saying yes and no clearly—and remember this strength is a gift from God. Today, ask Him for courage to set healthy boundaries.







Reflect and Apply

1.	What fear or feelings come up when I consider saying no to someone?
2.	How have unclear boundaries affected my relationship with God or others?
3.	What steps can I take to say yes or no honestly and lovingly?







Journaling Prompts

1.	Recall a recent time you struggled to say no and how it affected you.
	Write about places in your life where boundary-setting could bring more peace.
3.	List Scriptures or prayers that encourage you to stand firm in freedom.







Prayer for Today

















Day 5: V Loving Yourself as God Loves You

Your Verse

Luke 10:27 - "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"... and, 'Love your neighbor as yourself."

Supporting Scriptures

- 1 Corinthians 6:19–20 "Your body is a temple of the Holy Spirit... therefore honor God with your body."
- 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 5: V Loving Yourself as God Loves You

Devotional: Receiving God's Love for You

It's impossible to please God without loving yourself as He loves you. Jesus teaches in Luke 10:27 that loving God and loving ourselves are connected. Many women neglect self-care or deny self-worth in the pursuit of pleasing others, but God desires wholeness for His daughters.

1 Corinthians 6:19–20 highlights the sacredness of your body as a temple of the Holy Spirit; to honor God, you must honor yourself. Ephesians 5:29 reminds us that just as Christ cares tenderly for the church, we should care for ourselves.

Embracing God's love means receiving His kindness, grace, and care personally—not just as a concept but as your lived experience. This love frees you from needing constant affirmation from others and grounds you in His perfect affection.

Today, reflect on how you show love to yourself and how God's love helps you set healthy boundaries against people-pleasing.







Day 5: W Loving Yourself as God Loves You

Reflect and Apply

1.	In what ways do I struggle to love myself as God loves me?
	How can understanding my body as God's temple influence how I treat myself?
3.	What steps can I take to receive and live out God's love more fully?







Day 5: W Loving Yourself as God Loves You

Journaling Prompts

1.	Describe what loving yourself looks like based on God's love.
2.	Write a letter to yourself from God's perspective of love and care.
3.	List practical ways you can honor your body and soul this week.







Day 5: V Loving Yourself as God Loves You

Prayer for Today

Heavenly Father, help me to truly accept and love myself the way You do. Teach me to see my worth as Your beloved daughter and to honor my body as Your temple. Let Your love wash away insecurities and guide me in caring for myself with grace. Thank You for loving me first and always. In Jesus' name, Amen. **\varphi \infty \lambda















Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
- Psalm 118:6 "The Lord is with me; I will not be afraid. What can mere mortals do to me?"







Devotional: Empowered to Stand Firm in God's Strength

Living free from people-pleasing requires a bold confidence that comes from God's Spirit within us. 2 Timothy 1:7 reminds us that God's Spirit gives power, love, and self-discipline—not fear or timidity.

Joshua 1:9 commands us to be strong and courageous, reinforced by the promise that God is with us always. When we embrace this truth, the fear of disappointing others loses its hold. Psalm 118:6 echoes this assurance that with God by our side, we have nothing to fear from human judgments.

Today, commit to walking with God's empowering Spirit as your source of confidence. Let that confidence shape your words, choices, and boundaries so you can live authentically and without the chains of constant peoplepleasing.







Reflect and Apply

	What fears hold me back from confidently saying no or setting boundaries?
	How can I rely more on God's Spirit than on my own strength in difficult situations?
3.	In what ways can I grow in courage to live authentically for God?







Journaling Prompts

1.	Identify fears related to people-pleasing that you want to surrender to God.
2.	Write about moments God's Spirit empowered you to stand firm.
3.	List affirmations rooted in Scripture that build your confidence.







Prayer for Today

Spirit of God, fill me with power, love, and self-discipline today. Cast out fear and timidity, and help me walk boldly in the confidence You provide. Strengthen me to stand firm in my identity in Christ and live authentically without the need for constant approval from others. Thank You for always being with me. In Jesus' name, Amen.

















Your Verse

John 12:43 - "For they loved human praise more than praise from God."

Supporting Scriptures

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."







Devotional: A Daily Commitment to Seek God's Approval

The final step in overcoming people-pleasing is a daily choice to love God's approval more than human praise. John 12:43 warns about the danger of valuing people's compliments over God's affirmation—a temptation all believers face.

Hebrews 13:5 reminds us of God's constant presence and faithfulness, giving us security beyond what human approval can offer. Romans 12:2 calls us to be transformed by renewing our minds so that we don't conform to worldly pressures but live in God's purpose.

This transformation is ongoing, a daily surrender to God's will and a conscious turning away from approval-seeking that enslaves us. As you finish this study, embrace this commitment to live anchored in God's approval, trusting in His unfailing love and guidance every day.







Reflect and Apply

	How can I maintain a daily focus on God's approval rather than human praise?
2.	What habits or thoughts do I need to renew to reflect God's perspective
	more fully?
	How does God's promise never to leave me encourage freedom from people-pleasing?







Journaling Prompts

1.	Write a personal commitment statement to seek God's approval daily.
2.	Describe practical ways to renew your mind each day in God's truth.
3.	Reflect on how God's constant presence changes your view of approval.







Prayer for Today

Faithful God, help me today and every day to love Your approval above all else. Transform my mind and heart so I don't conform to the world's ways but live fully for You. Remind me that You will never leave or forsake me, providing a secure foundation beyond human praise. I commit myself anew to seek Your glory and walk in freedom. In Jesus' name, Amen.







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:
Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.