



Series: Overwhelmed

Sermon: Part 4: Approval Addict

Date: Sunday, March 5th, 2023

3 Reasons We Struggle To Say No:

1. We can't say no because we _____ that the person won't like us anymore
2. We can't say no because we _____ conflict
3. We can't say no because of the _____ of guilt

When We Keep Saying Yes...

- a. We become overwhelmed, stressed out, and _____
- b. We start to _____ the person
- c. We become angry and hostile towards those _____ to us

The Judaizers' False Doctrine:

Faith in Christ + Observing religious laws (Circumcision) = Salvation

The True Gospel of Christ:

Faith in Christ + _____ = Salvation

"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)

"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." (Ephesians 2:8-9)

Paul's goal was no longer to say yes and please others, but rather it was to please _____.

Our energy can go towards pleasing people or towards pleasing Jesus - but it cannot go towards both.



Fighting The Tendency To Say Yes To Everything

1. Remember our _____ in Jesus

The Lie: My self-worth = my performance + the opinions of people

I am deeply loved by God: Romans 8:38-39

I am completely forgiven through Christ: Romans 8:1

I am fully pleasing to God: Matthew 3:17

I am totally accepted by God: John 6:37 NLT

I am absolutely complete in Jesus Christ: Colossians 2:10 NLT

“I am deeply loved, completely forgiven, fully pleasing, totally accepted, and absolutely complete in Jesus Christ.” (Dr. Robert McGee, The Search For Significance)

2. Figure out our limits as we learn to kindly say _____ and draw boundaries

Questions To Ask Ourselves before saying yes:

1. *Is this something the person can provide for themselves?*
2. *Do I have the bandwidth or energy to do something based on my current schedule?*
3. *How will I feel if I do say yes?*

Bottom Line: *When we know we already have God’s approval, we don’t need to seek anyone else’s approval, which allows us the freedom to now draw some healthy boundaries.*

Questions to reflect on this week or with others:

1. Do you find yourself saying yes to things, even if you are already overwhelmed with things to do, because you want the person to like you?
2. Who are the people you have a hard time saying no to? Why? What narrative do you play in your mind?
3. How does knowing that you are already loved and approved by God help to overcome your tendencies to people please?

Songs used in service: Promises (Maverick City Music), Glorious Day (Casting Crowns), The Blessing Kari Jobe, Rest On Us (Maverick City Music & Upper Room)

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Any prayer requests?

Name: _____ **Email (so we can follow up):** _____

What can we be praying for you about?