



FREEDOM FROM PEOPLE PLEASING.

Have you ever met an 80 year old lady who is just unashamedly herself? She's not afraid to speak her truth or wear the loud thing or ruffle feathers.

Can you imagine a world where you aren't burdened by the expectations of others? A world where you don't feel the need to morph into an altered version of yourself depending on who's in the room? A world where you can be that 80 year old lady?

Paul is adamant in his letters that people pleasing isn't helping anybody - in fact, it's harmful. We're paraphrasing here, but he's like, "Why are you trying to impress these people when God has already called you into freedom?? When he already says you're enough?"

Because of Jesus on the cross, we don't have to perform, impress, or wear masks. We are already known, already loved, already chosen. And when we stand in that reality, people-pleasing loses its power. The world may demand more of you, but Christ has already declared, "It is finished." *That's* the kind of freedom we get to experience as we grow old in Christ.

PRACTICING THE WAY:

On Sunday, Pastor Adam gave 3 ways to grow in freedom. The second one was to build habits & new practices. Maybe sit in silence & solitude for a few minutes a day. Maybe slow down & practice a weekly rhythm of rest & Sabbath - trusting one day a week that God will take care of your needs.

IN THE BIBLE.

JOHN 8:31-38

Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. ³² And you will know the truth, and the truth will set you free.”

³³ “But we are descendants of Abraham,” they said. “We have never been slaves to anyone. What do you mean, ‘You will be set free’?”

³⁴ Jesus replied, “I tell you the truth, everyone who sins is a slave of sin. ³⁵ A slave is not a permanent member of the family, but a son is part of the family forever. ³⁶ So if the Son sets you free, you are truly free. ³⁷ Yes, I realize that you are descendants of Abraham. And yet some of you are trying to kill me because there’s no room in your hearts for my message. ³⁸ I am telling you what I saw when I was with my Father. But you are following the advice of your father.”

GALATIANS 1:10

Obviously, I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.

GALATIANS 5:1-15

So Christ has truly set us free. Now make sure that you stay free, and don’t get tied up again in slavery to the law.

² Listen! I, Paul, tell you this: If you are counting on circumcision to make you right with God, then Christ will be of no benefit to you. ³ I’ll say it again. If you are trying to find favor with God by being circumcised, you must obey every regulation in the whole law of Moses. ⁴ For if you are trying to make yourselves right with God by keeping the law, you have been cut off from Christ! You have fallen away from God’s grace.

⁵ But we who live by the Spirit eagerly wait to receive by faith the righteousness God has promised to us. ⁶ For when we place our faith in Christ Jesus, there is no benefit in being circumcised or being uncircumcised. What is important is faith expressing itself in love.

⁷ You were running the race so well. Who has held you back from following the truth? ⁸ It certainly isn’t God, for he is the one who called you to freedom. ⁹ This false teaching is like a little yeast that spreads through the whole batch of dough! ¹⁰ I am trusting the Lord to keep you from believing false teachings. God will judge that person, whoever he is, who has been confusing you.

¹¹ Dear brothers and sisters, if I were still preaching that you must be circumcised—as some say I do—why am I still being persecuted? If I were no longer preaching salvation through the cross of Christ, no one would be

offended. ¹² I just wish that those troublemakers who want to mutilate you by circumcision would mutilate themselves.^[b]

¹³ For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. ¹⁴ For the whole law can be summed up in this one command: "Love your neighbor as yourself." ¹⁵ But if you are always biting and devouring one another, watch out! Beware of destroying one another.

QUESTIONS.

Feel free to talk through some or all of these questions

- 1.) What sticks out to you in the verses above? What encourages you? Challenges you?
- 2.) Why do you think people-pleasing and serving Christ are at odds? (Galatians 1:10)
- 3.) Do you feel like you experience true freedom in Christ? If not, what do you think is holding you back?
- 4.) What habits or practices today might help you grow into this kind of freedom as you grow older in Christ?

TAKE TEN:

- How did you see God work in your life this week?
- What has God been teaching you in His Word?
- What kind of conversations are you having with your pre-Christian friends?
- What good can you do around here? (in your life/circumstance)
- How can we help you in prayer and what do you want us to ask you about next week?

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?