

**1) I will minimize the value of what people think of me. (v. 1-3)**

Do you feel like you have to prove yourself to anyone? To whom?

Does your past affect how you feel around the most “godly” people? How do you feel around people who think you have a pristine past? Do you find yourself avoiding them? Do you find yourself hiding your past for fear of rejection?

Describe a time you felt rejection from religious people who didn’t think you were good enough.

Have you ever made someone prove himself because you thought you were the moral police? Why is this contrary to the gospel?

Whose approval is a very big thing to you? What will you do to make it a “very small thing”?

**2) I will minimize my focus on what I think of myself. (v.3b-4)**

Biblical humility is not thinking less of yourself. Biblical humility is thinking of yourself less. If you were to tally the total number of minutes/hours you spent thinking about yourself today, what would the total be? What percentage of the day is that?

Are you too quick to condemn yourself? Do you live with false guilt? Why?

Are you too quick to acquit yourself? Do you live with false forgiveness? Why?

**3) I will maximize the value of what God thinks of me. (v.5)**

Do you live in fear that something you are hiding will be disclosed? How does that affect your relationship with God?

Read Psalm 139:1, 6, 23. What does God think of you?

Describe a time when you sensed the commendation or praise of God on your life.

**I know I’ve broken my approval addiction when...**

**1. I can detect and destroy the subtle power of flattery. (Proverbs 29:5)**

Do you receive much flattery? Do you use flatter to get the attention of others? Describe the danger of flattery? Do you live on guard of the praise of others?

**2. I can appreciate and welcome the refining power of criticism. (Proverbs 27:5-6)**

How do you handle criticism? Do you welcome it? Describe how God has used the criticism of others to produce growth in you.

**3. I can glory in my weakness and glorify God in my strengths. (2Corinthians 12:9)**

What are your weaknesses? Do you pout about them? How can you glorify God in your weaknesses?

What are your strengths? Do you boast about them? How can you glorify God in your strength?

**4. I use people less. I love people more. (Luke 6:32,35)**

How do you use people to meet a need for approval in your life? How can you love people who disapprove of you?

---

**5. I allow the approval or disapproval of others to be based on my identity in Christ. (1Corinthians 4:1-2)**

Do those who work and live closest to you know you as one who identifies with Christ? What have you done to disclose your true identity? What reaction have you gotten when you have identified with Christ?

**6. I regularly ask God if my life pleases him. (Ephesians 5:10)**

When was the last time you spent an uninterrupted hour with God talking to him about how you can please him? When will you schedule the next time?

**Additional Scripture**

- Proverbs 1:10
- Proverbs 27:20
- Proverbs 29:5
- Proverbs 27:5-6
- Psalm 139
- 1Thessalonians 2:4-6