



THE CRAZY CYCLE

1. Do you consider yourself to be a people pleaser? Read 1 Corinthians 9:19-23. Was it Paul's goal to please these people? For what reason? Why is that significant? What can be the negative side of being a people pleaser? What leads a person to this negative side?
2. The first trap of being a people pleaser is that you could miss God's purpose for your life. How could that happen? Read 1 Thessalonians 2:4. How would what this verse says solve this issue?
3. The second trap is that you stop growing spiritually, how does that happen?
4. The third trap is that it can lead you to participate in sinful activity through peer pressure. Are teenagers the only ones who are susceptible to this? Have you ever done something you later regretted because those you were with were doing it and you wanted to fit in?
5. Read Proverbs 1:10-15. If you are a people pleaser, what guardrail must you put up in your life to protect yourself according to this passage?
6. What are the six things we have to do to avoid the negative side of being a people pleaser? Which one resonates with you the most? Which one do you think is the hardest to do? How can the people in your group help to avoid the downsides of being a people pleaser?

Answers

- 1. Paul's purpose in pleasing these people was so that he would earn their respect so that they would listen to him when he presented the gospel message to them. This is significant because if your reason for "pleasing people" is to accomplish the purposes of God in your and their lives, then it is a good thing. The negative side is when your purpose for pleasing people is because you need their approval in order to feel good about yourself. What leads a person to this negative side is when they believe their value depends on how other people see them, not the way God sees them.*
- 2. A people pleaser could miss God's purpose for their life if the people they are trying to please do not care about God and they have to do things God would not want them to do in order to please them. In 1 Thessalonians, Paul says the only person we should ultimately care about pleasing is God. This would keep us from doing bad things in order to be accepted by others.*
- 3. You stop growing when you put other things in your life as being more important than your love and service to God. If a person puts the acceptance of others as being more important than pleasing God, then they will stop growing spiritually.*
- 4. We are all susceptible to being influenced by the people that we hang out with the most, teenagers are not the only ones, just the ones who are probably affected more than adults. A people pleaser is very susceptible to peer pressure because their goal is to please those they spend time with. Peer pressure can be good if you hang around people who want to please God.*
- 5. The guardrail that a person who is a people pleaser must put into their lives is to not spend time with people who do not want to please God in their lives so that they are not negatively influenced by the people around them.*
- 6. The six things are: a. Remember that even God cannot please everyone; b. Realize that you do not need anyone's approval to be happy; c. Recognize that what is important today is only temporary; d. Resolve in your heart that the only person you need to please is God; e. Always be aware that one day you will have to give an account to God for what you did in your life; and f. Rejoice that God shaped you to be exactly the way you are as a person.*

