

SERMON NOTES

January 7 & 8, 2023

Own It: Approval Addiction

Matthew 6:1

Key Life Questions

- What is real?
- Who is a good person?
- What is the good life?
- How do you become a good person?

1. Approval Addiction:

a. Performing to _____ **Matthew 6:2,5,16**

b. Book: *Popular* by Mitch Prinstein

1) Status: _____ impress others

2) Likeability: Being _____

2. The Problem: I can _____

3. The Alternative: Live for an _____ **Galatians 1:10 | John 12:43**

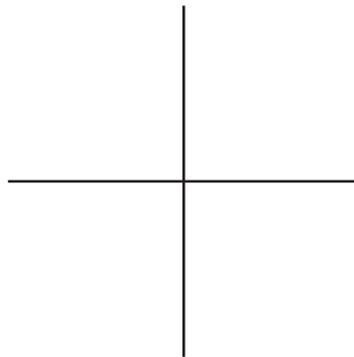
I Corinthians 4:3

4. The Consequence:

a. _____ Rewards **Matthew 6:1b**

1) Extrinsic Rewards: _____ connected to
_____.

2) Intrinsic Rewards: _____ connected to
_____. **Genesis 2:25**



5. The Antidotes:

a. Spiritual Discipline of _____ **Matthew 6:3,6,18**

b. Spiritual Discipline of _____

Life Steps

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Monday

Matthew 6:1, 19-21

Reflect: Why do you think Jesus warns us about not intentionally doing “righteous” deeds so others can see them? What are the intrinsic rewards or treasures Jesus is referring to?

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.

Tuesday

Matthew 5:20

Reflect: What do you sense God saying to you through this challenging verse? In high school, was your popularity measure based more on status or likeability? What about today?

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.

Wednesday

John 8:42-43

Reflect: We live in a world of quantifiable likes. Use the questions below to help you gauge your level of approval addiction.

- | | |
|----------|---|
| Yes No | 1. I often pretend to agree with people even when I don't. |
| Yes No | 2. Even minor criticism triggers feelings of failure. |
| Yes No | 3. I don't feel good about completing a task until I receive praise. |
| Yes No | 4. I change my clothes, conversation, content and other things to gain the approval of others. |
| Yes No | 5. If I don't receive some form of praise, I feel like a failure. |
| Yes No | 6. I spend significant amounts of time obsessing over my performance & social media likes or views. |
| Yes No | 7. I worry about whether (name of someone) is pleased or upset with me. |
| Yes No | 8. I bend the truth to avoid upsetting others. |
| Yes No | 9. The thought of someone disliking or being angry with me causes me high levels of stress & anxiety. |
| Yes No | 10. I don't speak up when I have an unpopular opinion. |

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.

Thursday

Galatians 1:10

Reflect: What does this passage say about our role as Jesus Followers? Why is it impossible to please God and others at the same time?

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.

Friday

John 8:1-11

Reflect: What is it like to be unknown and unaccepted? What is it like to be accepted but not known? What is it like to be known and not accepted? What is it like to be both accepted and known?

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.

Saturday

Luke 15:1-7

Reflect: Today, where and with whom in your life are you both known and accepted?

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.

Sunday

Mark 2:13-17

Reflect: How and to whom will you extend the experience of being both known and accepted to someone else? What concrete step will you take this week to make that a reality?

Prayer: God, I confess I am an approval junkie. Humble me and help me, so I might live not for the approval of others, but yours.