

# TRAPS:

## *The TRAP of People Pleasing*

### Galatians 1:3-5

### *The Heavy Hazard of Seeking Human Approval*

- **The Anxiety of Evaluation:** Clinical psychologists track a metric known as "Fear of Negative Evaluation" (FNE). High levels of FNE are directly correlated with severe social anxiety. We are paralyzing ourselves by obsessing over what other people *might* be thinking about us.
  - **The Fragility of External Self-Worth:** Sociological studies show that when individuals tie their primary self-worth to external validation (likes, promotions, social invitations), they experience profound emotional volatility. Their peace is entirely dependent on the fluctuating opinions of the crowd.
  - **The Burnout Epidemic:** According to the American Psychological Association (APA), chronic people-pleasing—specifically the inability to set boundaries or say "no" in the workplace, family and/or social spheres—is a leading psychological driver of burnout, affecting over 60% of Americans.
1. **ROBS:** People Pleasing does not add to lives—it only possesses the ability to take away from them (v. 3).

### *Two Painful Consequences of Self-Righteousness*

- **We Fall from Grace** – Although God does not run out of grace, we can run away from it. The sufficiency of God's grace for salvation is a divine truth that every Believer must embrace (v. 3).
- **We Lose Peace with God** – Anytime we put the desires and demands of people above the love of God, we destroy the peace that God has gifted us because of what Christ Jesus has done for us (v. 3).

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2. **SUBSTITUTION:** Jesus has done for us what people could NEVER do! As our substitute, Christ took our place by paying the penalty of our sins on the cross (v. 4).

### ***The Deliverance of God and The Will of God***

- ▶ **The Deliverance of God** – Biblically, deliverance is God’s rescue of us from the power of evil—not just the unpleasantness of it (v. 4).
- ▶ **The Will of God** – Perhaps the most stunningly beautiful aspect of God’s character is that it was God’s will for Jesus to give His life for us, so that we can live for Him alone (v. 4).

3. **FOREVER:** God’s association with us is forever because of what Jesus Christ has done for us (v. 5).

### ***The Expiring Evil of this World vs. The Eternal God***

- ▶ **It’s Temporary** – No matter how much adversity those who choose to please God are faced with, never forget that the evil of this world is temporary (v. 5)!
- ▶ **The Theology of a Seemingly Grammatically Incorrect Doxology** – As opposed to the expiration of evil, both the glory of God and the giving of glory to God will last forever and ever (v. 5).

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