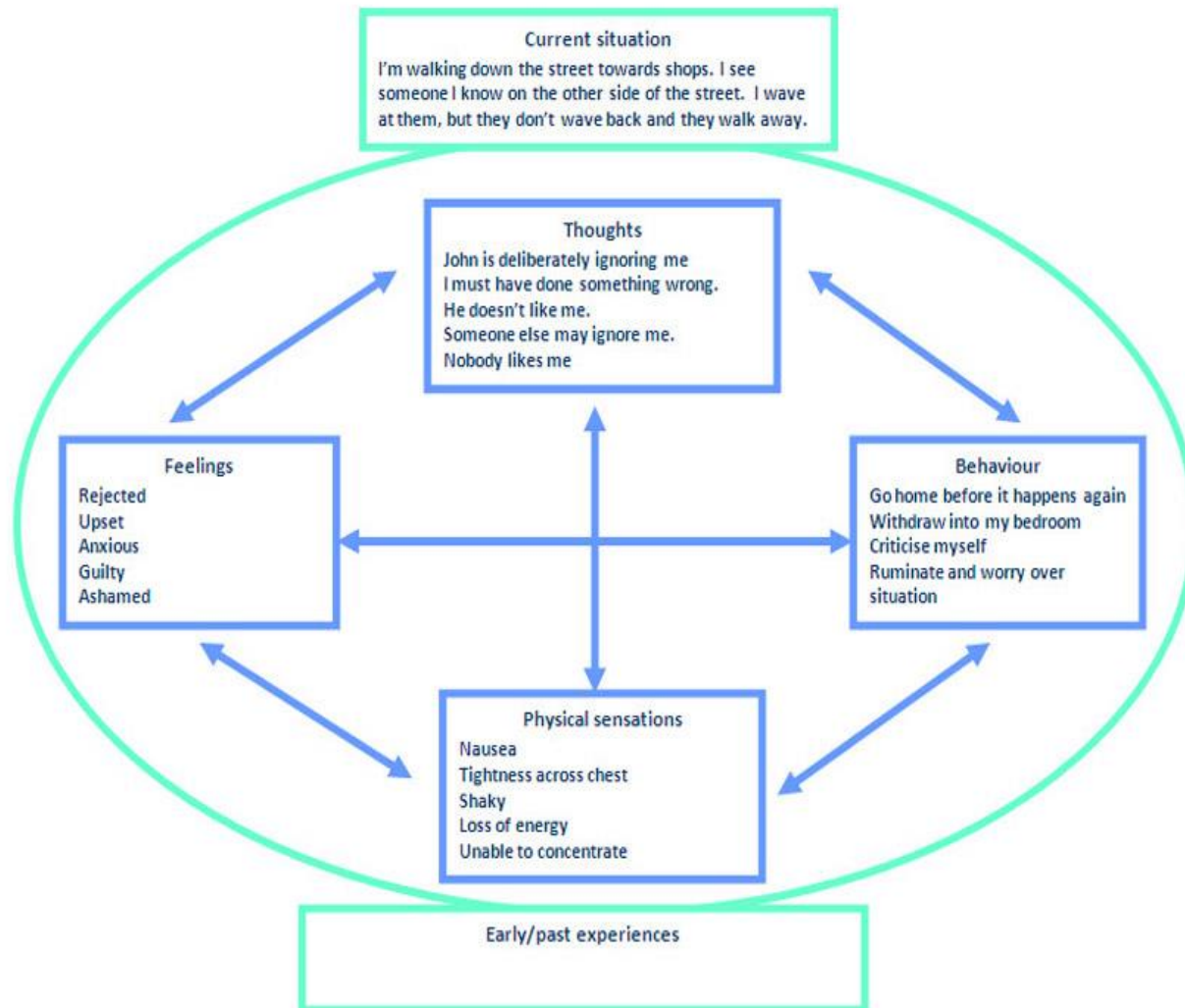


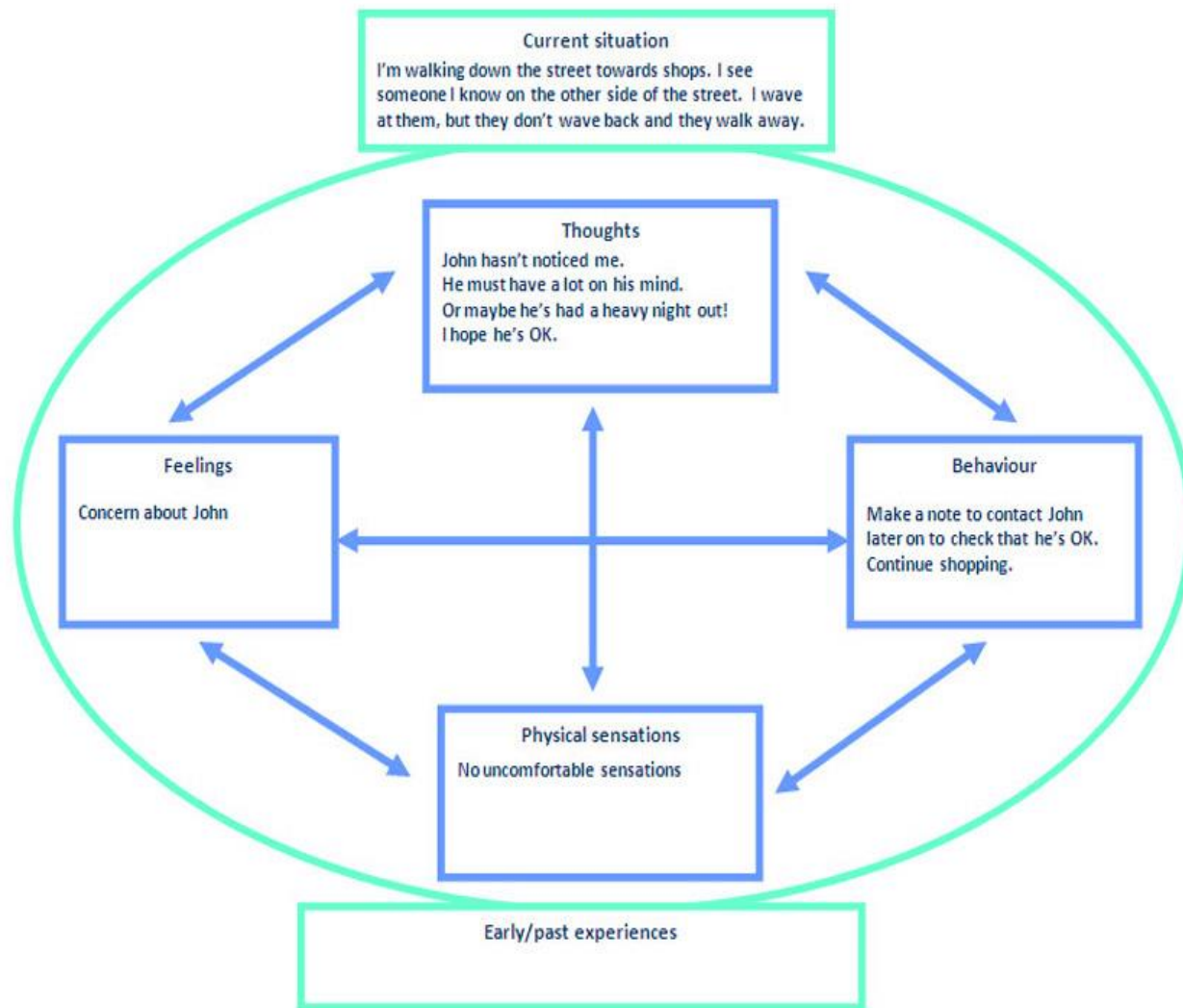
QUIT BEING AFRAID OF WHAT OTHERS THINK

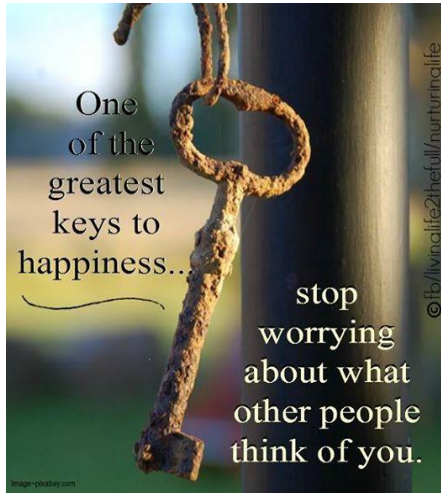
Ruth Whitehead
14th April 2016

WHAT'S SO BAD ABOUT WORRYING WHAT OTHERS THINK OF YOU

1. You do things you don't want to do and you resent it.
2. You no longer (or never did) really know what you want.
3. You're afraid to say what you really believe.
4. You spend time with people you don't like or you avoid people out of fear.
5. You struggle to make your own decisions.
6. You imagine that people are upset with you when they really aren't.

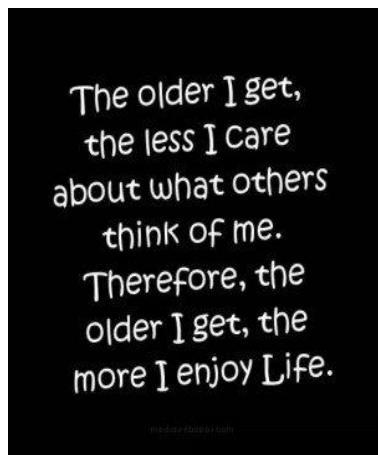
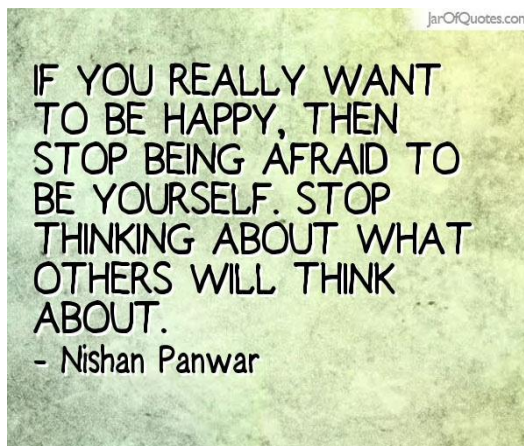
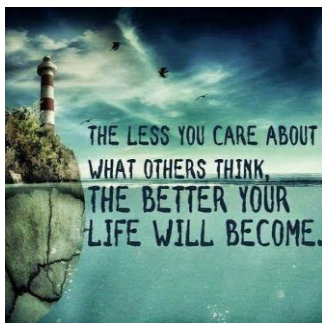




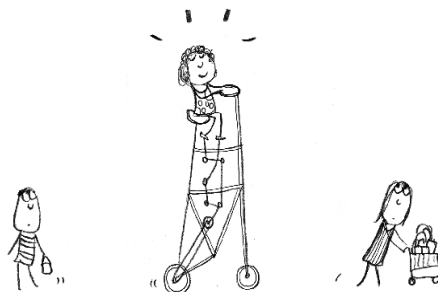


the greatest prison people live in, is the fear of what other people think.

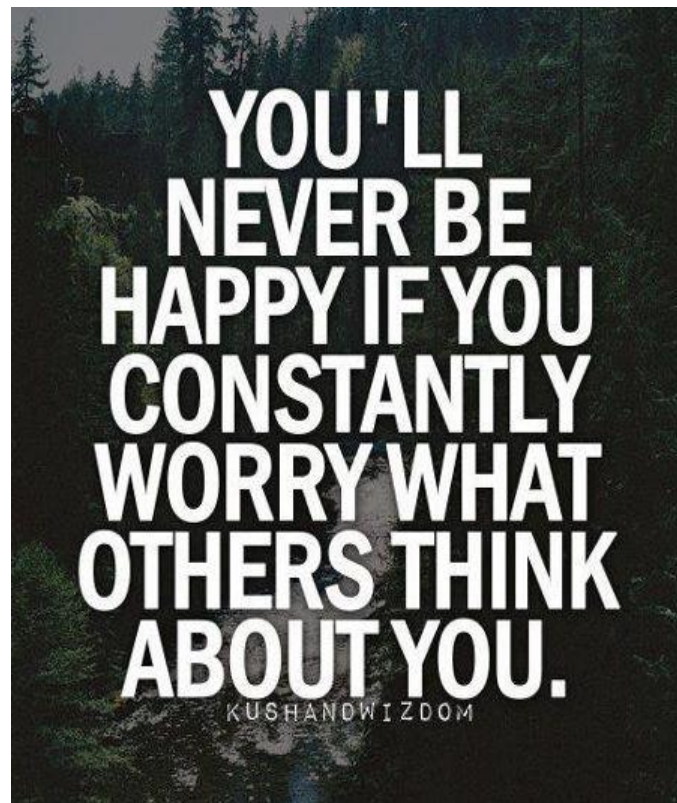


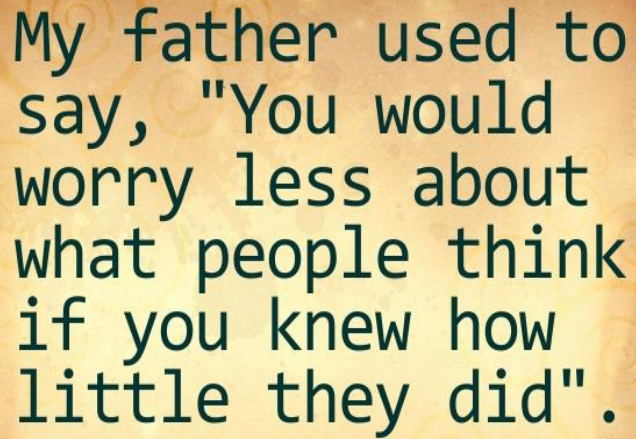


HAPPINESS IS



**...not caring
what others think of you.**





My father used to say, "You would worry less about what people think if you knew how little they did".

- Dr. Phil McGraw

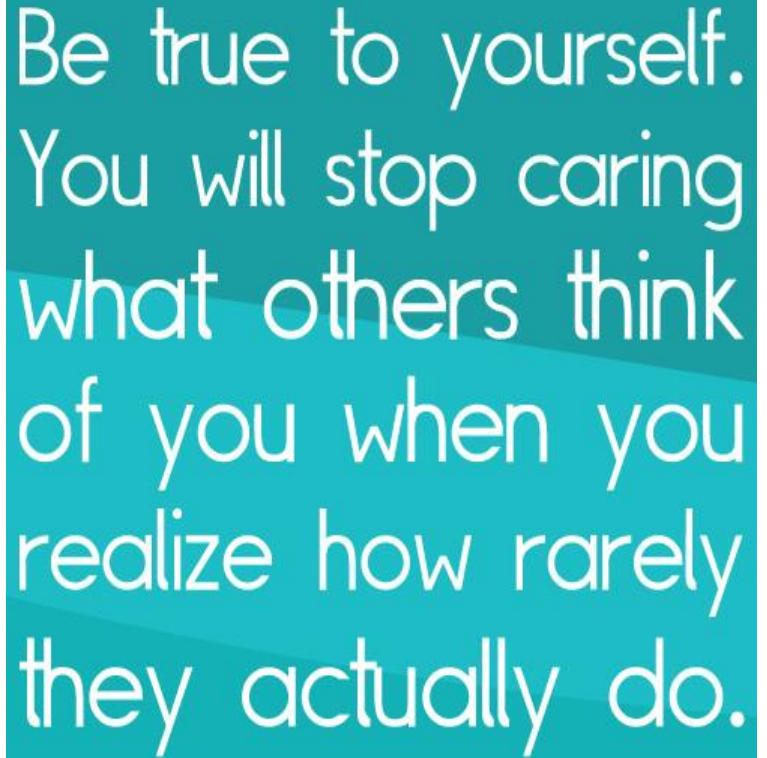
VERYBESTQUOTES.COM



THOUGHTS

*are just thoughts
and are not*

FACTS



Be true to yourself.
You will stop caring
what others think
of you when you
realize how rarely
they actually do.

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BIBLE TELLS US NOT TO WORRY WHAT OTHERS THINK

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. Galatians 1 v10

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.
Proverbs 29 v25

For I seek not to please myself but him who sent me John 5 v30

BIBLICAL TRUTHS

1. We are made in God's Image

So God created mankind in his own image, in the image of God he created them; male and female he created them. (Genesis 1, v27)

2. We have a new identify in Christ

And He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf. Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer. Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. (2 Corinthians 5, v 15-17)

BIBLE CHARACTERS WHO WORRIED WHAT OTHER PEOPLE WERE THINKING

Peter (Matthew 26 v31-75)

Abraham (Genesis 12 v10-20, 20 v1-18)

Jacob (Genesis 27)

Reuben (Genesis 37 v12-36)

Aaron (Exodus 32)

Pilate (Matthew 27 v11-24)

1. Take a few minutes on your own to reflect on the statements below and tick any that you think apply to you.

It affects my sense of self-worth when...

- I don't have the approval of certain people.
- I make mistakes or fail.
- Others criticize me.
- I don't know more than others.
- I feel rejected by others.
- I don't feel needed by others.
- Others don't see me as responsible, loyal and dependable.
- Others don't see me as special and unique.
- Others perceive me as weak.
- I'm in conflict with anyone.
- People are cross with me.
- I'm not being productive.
- My children are not being well behaved.
- People don't think well of me.

2. Write down any other things that you think effect your self-worth.

3. Think over the past week. Can you recall a situation in which your response was more rooted in fear than honesty? For example where you remained silent, avoided a difficult topic, gave the impression you agreed when you didn't, lied, or said yes when you really wanted to say no.

THE FOUR DEGREES OF LOVE

1. Loving yourself for your own sake (selfish love)
2. Loving God for your own blessing (dependence on God)
3. Loving God for Gods own sake (intimacy with God)
4. Self-love for Gods own sake (being united with Gods love)

FOUR REASONS TO STOP LIVING FOR THE APPROVAL OF OTHERS

1. You violate your own integrity.
2. What or whom you love is at stake.
3. The pain of your current situation is so great you have to make a change.
4. The fear that things will stay the same for ever is greater than the fear that things will change.





ONGOING SPIRITUAL DISCIPLINE

1. Reflecting on the movements of your heart.
2. Reflecting on the love of God.

I am accepted...

[John 1:12](#) I am God's child.

[John 15:15](#) As a disciple, I am a friend of Jesus Christ.

[Romans 5:1](#) I have been justified.

[1 Corinthians 6:17](#) I am united with the Lord, and I am one with Him in spirit.

[1 Corinthians 6:19-20](#) I have been bought with a price and I belong to God.

[1 Corinthians 12:27](#) I am a member of Christ's body.

[Ephesians 1:3-8](#) I have been chosen by God and adopted as His child.

[Colossians 1:13-14](#) I have been redeemed and forgiven of all my sins.

[Colossians 2:9-10](#) I am complete in Christ.

[Hebrews 4:14-16](#) I have direct access to the throne of grace through Jesus Christ.

I am secure...

[Romans 8:1-2](#) I am free from condemnation.

[Romans 8:28](#) I am assured that God works for my good in all circumstances.

[Romans 8:31-39](#) I am free from any condemnation brought against me and I cannot be separated from the love of God.

[2 Corinthians 1:21-22](#) I have been established, anointed and sealed by God.

[Colossians 3:1-4](#) I am hidden with Christ in God.

[Philippians 1:6](#) I am confident that God will complete the good work He started in me.

[Philippians 3:20](#) I am a citizen of heaven.

[2 Timothy 1:7](#) I have not been given a spirit of fear but of power, love and a sound mind.

[1 John 5:18](#) I am born of God and the evil one cannot touch me.

I am significant...

[John 15:5](#) I am a branch of Jesus Christ, the true vine, and a channel of His life.

[John 15:16](#) I have been chosen and appointed to bear fruit.

[1 Corinthians 3:16](#) I am God's temple.

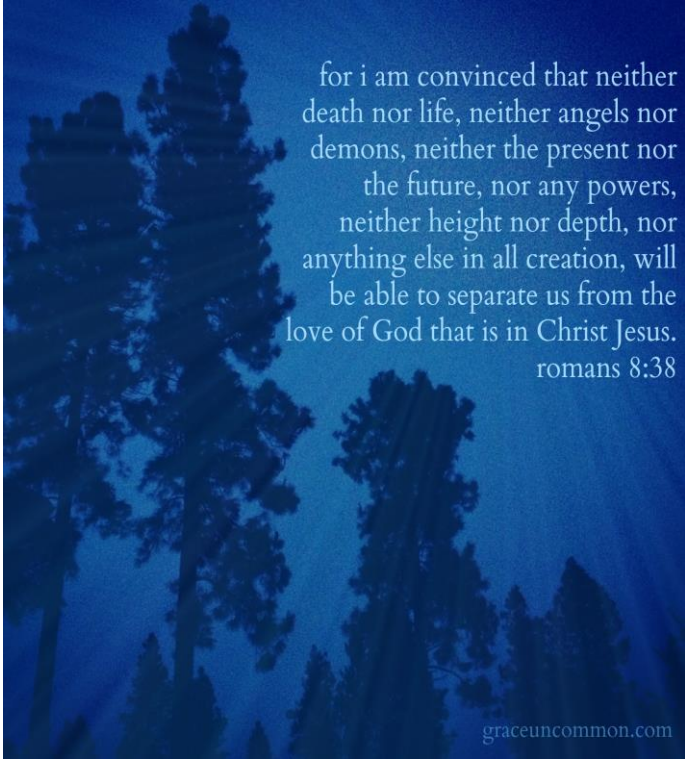
[2 Corinthians 5:17-21](#) I am a minister of reconciliation for God.

[Ephesians 2:6](#) I am seated with Jesus Christ in the heavenly realm.

[Ephesians 2:10](#) I am God's workmanship.

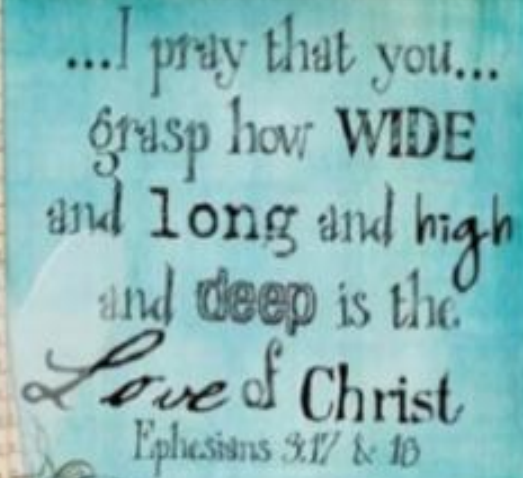
[Ephesians 3:12](#) I may approach God with freedom and confidence.

[Philippians 4:13](#) I can do all things through Christ, who strengthens me.



for i am convinced that neither
death nor life, neither angels nor
demons, neither the present nor
the future, nor any powers,
neither height nor depth, nor
anything else in all creation, will
be able to separate us from the
love of God that is in Christ Jesus.
romans 8:38

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...I pray that you...
grasp how **WIDE**
and long and high
and deep is the
Love of Christ
Ephesians 3:17 & 18

0123456789