

# **BREAKING FREE**

## **FROM IDOLS THAT STEER OUR STEPS**

---

“The Idol of Approval”

### **MAIN POINT**

Our brokenness and misplaced identity causes us to need the approval of others, while God invites us to find our identity and value in Him.

### **PSALM 139:1-5, 13-15**

<sup>1</sup> LORD, you have searched me and known me. <sup>2</sup>You know when I sit down and when I stand up; you understand my thoughts from far away.

<sup>3</sup>You observe my travels and my rest; you are aware of all my ways.

<sup>4</sup>Before a word is on my tongue, you know all about it, LORD. <sup>5</sup> You have encircled me; you have placed your hand on me.

<sup>13</sup> For it was you who created my inward parts; you knit me together in my mother’s womb. <sup>14</sup> I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well. <sup>15</sup> My bones were not hidden from you when I was made in secret, when I was formed in the depths of the earth.

### **KEY POINTS:**

- We all seek approval in different ways and for different reasons.
- Being a people pleaser, and trying to have them approve of us is a heavy burden.
- Our need for approval is an identity problem.
- We need to know not just who we are, but whose we are.
- When our identity is in Christ, we don’t need the approval of others.

# COMMUNITY GROUP DISCUSSION QUESTIONS

## **CONNECT:**

When was a time that you did something really well? How was that received by those around you, and how did you feel after?

What are things that other people tend to identify you as? How would someone describe you to their friend?

## **ENGAGE:**

How do you feel about the verses in this psalm? What emotions do they bring out of you?

Which image stands out to you the most?

Do you ever struggle to believe how deeply God knows you? If you do, what times do you think that?

God knows you that deeply, and loves you! How do you feel about that truth?

## **APPLY:**

What sources do you seek for approval, respect, affirmation?

What can you put in place in your life to remember that your identity is in Christ?

Who is someone in your life that you think needs to be reminded of the truth that God knows them and loves them? Guess what—you get to share that truth with them.