**Shelby and Krystal Intro 2022:** [00:00:00] Welcome to daily grace. We believe the Bible is true, trustworthy and timeless, and we want to help women like, you know, and love God's word. The Bible shows us who God is and who he is, changes everything. My name is Shelby and I'm crystal. And we want to invite you to come join us as we chat about the truth of God's word in our everyday lives.

**Krystal:** Hey everyone And welcome back to the daily grace podcast This is Krystal and I am joined today but my amazing cohost Shelby Hey Shelby

**Shelby:** Hello everyone It is a joy to be back with you

**Krystal:** This week we are talking all about people pleasing and fear of man but as always we want to open our episode by sharing our favorite thing So Shelby what is something that you are loving this week

**Shelby:** [00:01:00] Okay well we are recording this episode kind of in the height of summer And so something that I'm really enjoying are these beautiful flowers that we have in a planter on our front porch I had to look up the name of them because when I've chose them I just picked out the prettiest ones I could find at home Depot you know but they're called nonstop Tuberous Begonias that is a mouthful of a name but Begonias typically have small flowers but these ones have these really big pretty pink flowers with all these layers of petals and my favorite thing and why this is my favorite thing this week is that A lot of the blooms are actually hidden beneath these big dark green kind of curly leaves And so from far away it's like a beautiful plant but when you get up close you see all of these just gorgeous blooms kind of tucked behind the leaves And so you have to come close to really appreciate it And I'm just really enjoying watering this little plant every day and seeing it's somewhat hidden [00:02:00] beauty and I don't know It's just become a joy for me to see these flowers each day

**Krystal:** I love Begonias but in the Texas heat and we have full sun in our yard we can't grow them So I'm kind of jealous that you get to have them in your front yard because I wish I could They're so pretty

**Shelby:** I know they're like kind of on our covered front porch So they get sun in the morning but not in the afternoon And so it works out really well for them Yeah Krystal but I want to hear from you what's your favorite thing What is something that you are loving this week I

**Krystal:** So my favorite thing this week is geocaching Have you ever been geocaching or do you even know what that is

**Shelby:** I haven't but I saw you post a picture of it and it made me want to check it out So I'm excited to hear more

**Krystal:** so we took our boys geocaching over 4th of July weekend and essentially I think there's a lot of ways you can do it The way that we do it is we have an app and people will hide these little containers They're usually pretty small And they give the coordinates So you have to drive around or hike around or wherever you are to [00:03:00] find these little treasures And then once you find it you can open it and there's usually a log And so you unroll it you can see all the people that have found it before you and you write your name and the date And what's cool too for the kids is some people will leave trinkets or little toys or coins And so we had them collect all kinds of little things around the house And they brought them with us And when they found a trinket they traded it out for a toy or a coin And so it was like a fun little trading game for them And yeah we just had a lot of fun doing that and it's just a fun way to get outside and to be active and we love games so it was kind of right up our alley So geocaching is our favorite thing this week

**Shelby:** Yeah I love that So is that part of your like summer bucket list that you're doing with your kids

**Krystal:** It It is it was actually the first thing I wrote down because they're at an age now where they understand it a little bit more whereas before they were like why are we driving around looking for things in parking lots or parks

**Shelby:** That's where I feel like my kids would be right now So you probably gotta wait a couple years

**Krystal:** yeah

**Shelby:** Sounds super super fun

**Krystal:** it is it's a lot of fun

**Shelby:** Oh I love that well like we mentioned [00:04:00] earlier in this episode we are talking about people pleasing and fear of man And this is a common struggle for so many of us I think as Krystal and I were preparing for this episode I don't know about you Krystal but whenever we're Thinking about a topic I notice it pop up everywhere in my life And so I definitely struggle with the constant fear of what others are thinking about me and then modifying how I'm acting in order to make them think certain things about me So we're going to dive into that topic really deeply We're going to talk about it in light of scripture but Krystal I wonder if we could start just by kind of defining these terms they might be newer terms to some of us So can you just define fear of man and people pleasing for us

**Krystal:** Yeah so I think it's important for us to define these terms because we can often use them interchangeably and not even realize it And so we want to distinguish between the two from the beginning and I think that's going to help us in this conversation So let's talk about people pleasing first We're going to go to the dictionary we're going to see how [00:05:00] Marriam Webster defines it and they define it as when someone has an emotional need To please others And it's often at the expense of his or her own needs or desires And as Christians I think we would add too that It could be at the expense of obedience to the Lord So if we struggle with people pleasing we tend to do things to gain love or acceptance from someone else And this goes beyond just wanting to serve and love because this becomes really self focused in nature So you want that person to like you like you said you want to craft a certain persona to make them think a certain thing about yourself And if you struggle at all with people pleasing and you have looked to scripture to memorize something that helps you combat this you have probably seen Galatians 1:10 This was one of the first verses I memorized as a believer and he asked this rhetorical question this is Paul speaking He says for am I now trying to persuade people or God Or am I striving to please people If I were still trying to please people I would not [00:06:00] be a servant of Christ

**Shelby:** Mm Yeah that verse always Gets me right there That's really convicting I think you brought out something really important right there So I just want to emphasize it a little bit because I remember thinking that my desire to serve others was always pure And then I remember hearing someone teach on actually if you're serving others so that it benefits you If it's self focused serving then that's actually not selfless And that's actually not even service it's service of self And so right off the beginning I just think we need to Kind of emphasize that a little bit because sometimes we think oh look at me I'm just always doing things for other people but we're actually doing those things for other people so that we can seem like a martyr or so that we can seem like the one who's doing the right and the good thing and that actually isn't service at all

**Krystal:** I think it it's harder to identify sometimes because on the outside it looks really [00:07:00] good It looks like you're being selfless It looks like you're being sacrificial And so that's where and we'll talk about this a little bit later That's where it comes back to what is your motive and what's your heart in serving others So I think it's a really good point that's people pleasing Now let's talk about fear of man So we wanted to use the definition from the encyclopedia from biblical counseling because I think it's going to help us to identify the distinctions between people pleasing and fear of man So their definition of fear of man is this it's defined as an epidemic of the soul that could be characterized by peer pressure worry and codependency It is the act of placing others before God in one's life Oof That's a hard one to read Because if you think about these characteristics that's described here We have peer pressure which is speaking to someone having a real significant influence in the way that we live and operate We have worry Which is to dwell on anxious thoughts about things that we cannot control [00:08:00] and then codependency which is exactly what it sounds like It is being dependent on others and having to be needed by others to such a degree that our value and our worth is wrapped up in that other person So when we struggle with fear of man we often avoid rocking the boat or doing something that might risk losing love or acceptance from someone else So as we look to scripture to see what it says about fear of man we can look at Proverbs 29:25 which says that the fear of mankind is a snare but the one who trusts in the Lord is protected So we could see both people pleasing in fear of man as really two sides of the same coin So it's all coming back to this Self-centered focus in our relationship with others So Shelby what are your thoughts on just these definitions and are these things that you can see in your own life

**Shelby:** Yeah I recognize literally everything that you just said in myself I know last week we talked about [00:09:00] perfectionism and I said that's not something that I struggle with a ton although I definitely can still recognize that in myself as well but our topic this week fear of man I definitely struggle with this a lot and you know I find that I often want to be seen as important and successful and valuable And so it's really easy for me to spend my entire day literally every waking moment worried about how those around me are percieving me and being afraid of their opinion of me and then trying to adjust my actions in order to be sure that they think certain things of me And so it's funny I said you know we see this in our lives a lot when we're talking about it So a super silly example I went to old Navy last week and I was looking for a certain item there and I walked around the store and I couldn't find it And I had this thought like I could ask someone but then immediately I thought but then if you don't find it on your own They're going to be like wow this girl is so needy and she couldn't [00:10:00] find this It's so obvious where it was And so instead I took another lap around those stores spent another five six minutes trying to find it on my own Because in that moment I feared that me asking this simple question would lead to someone thinking negatively about me and so super super silly example but that's fear of man just coming out that's a moment when I identified fear of man in myself but how can we identify How can you if you're listening begin to identify if you struggle with fear of man Here's some questions that you might want to think through I'm going to go through these slowly so that you can kind of think on each one as we go through them but this will help you determine whether fear of man and people pleasing is something that that's in your life So the first one is do I change my words or actions depending on who I am around in order to gain their approval This is also called being a shapeshifter I definitely noticed that a lot in myself[00:11:00] What is What is my response When someone doesn't like me me am I okay with being misunderstood Do Do I avoid conflict Even when it is healthy and necessary Do I shy away Do I shy away from voicing my opinions Because they may not please Everyone involved And this last question is really the one I think we should all think on the most It says whose approval am I constantly thinking about the people I'm interacting with or the Lord And the reason it's so important to ask these questions and to answer them honestly is we ultimately serve in worship what we fear and if we fear people and we serve and we worship people then we're going to find that people are terrible gods they're fallible they're finite and you can never really please them And people pleasing really ultimately leads to confusion and heartbreak and loss And it is not the way that God designed [00:12:00] us to live People were never meant to be our gods

**Krystal:** I really like those questions that you just mentioned because those are good questions to continually come back to And also if you have a hard time identifying how you would respond or answer to some of those questions maybe involve your community people that are the closest to you and say Hey do you find me avoiding conflict Or do you find me changing how I respond or how I am around certain people Because It could be hard to identify it in ourselves sometimes but to have other people that know and love you and want to see you flourish they can say yeah I do recognize some of these things How can I help and serve you as you pursue the Lord in it And so definitely bring in community If that's something that you want to grow in because they can help you with that So really that should be our desire as Christians we want to pursue holiness and walk in obedience according to God's word And yet what we see is that people pleasing and fear of man They are incompatible with this because when it [00:13:00] comes down to it our motivation is always self seeking And it's interesting because like we said earlier When you look on the outside it looks like we're being others focused It looks like we're serving the Lord and other people and that our motives are pure and we can often be commended for how we go out of our way to serve other people But then what that does is it perpetuates that unhealthy cycle that we find ourselves in because that gives us what we want We want that affirmation we want to be seen as worthy and as valuable And so if we're finding that in other people then we will continue to do that So last week we talked a little bit about idolatry and how it's when we worship something or love something more than God It's when we are willing to sin to get what we want Ed Welch is a biblical counselor an author who we love and he has this great clip And he's talking in this clip about how can you recover if you are a chronic people pleaser and we'll link it in the show notes so you can watch it But he talks about idolatry as this [00:14:00] exaggerated love of something that's Probably good Like it's a good thing And so the example he gives is loving your spouse He says if you don't desire to love your spouse something is wrong So it's good to want to love and serve your spouse But it's when it becomes exaggerated and elevated to an unhealthy point And so he says it it turns from wanting to please your spouse to I must have my spouse pleased with me It's a more subtle shift than we sometimes realize But when we recognize that we have made an idol out of what people think of us we can confess that quickly and go to the Lord in it and walk and repentance and so for us to be able to do that we need to know what God's word says about this So Shelby how does scripture speak to this and how does it help us to walk in repentance

**Shelby:** Yeah well first I'm glad you mentioned ed Welch on this topic He has a book called when people are big and God is small and I've not read the entire thing but I've heard high praise for it And so that might be if you're [00:15:00] realizing Hey I want to dig into this a little more deeply from a counseling perspective That might be a great book to check out but yeah getting back to scripture So What I love about scripture is scripture has brought me so much freedom as someone who really struggles with fear of man and people pleasing If I didn't have scripture as a guide for my life then my guide would be what the people around me think of me And I've definitely lived like that at times in my life And it's been incredibly difficult and just really heartbreaking And so Scripture itself for me has been freedom from fear of man because it gives me a different guideline to live by And so The truth of scripture frees us from being bound to please people around us and it instead instructs us to live a life that's pleasing to God and a key passage for me in beginning to let go of people pleasing and focus on instead pleasing God was Hebrews 12:1-2 and I'm going to read that and then we'll talk about it a little bit but it says therefore since we have such a large cloud of witnesses [00:16:00] surrounding us let us lay aside every hindrance in the sin that so easily ensnares us let us run with endurance The race that lies before us keeping our eyes on Jesus the pioneer and Perfector of our faith for the joy that laid before him He endured the cross despising the shame and sat down at the right hand of the throne of God I can remember Reading this in my dorm room as a young college student when I was maybe at my peak of struggling with fear of man and reading those verses let us lay aside every hindrance in the sin that so easily ensnares us And I could just so clearly see how my fear of people and the way they perceived me had actually kept me from living a life that was congruent with the Bible I had made my choices based on what will the people around me think And so as we continue on in there I love that it doesn't say this is easy but it says let us run with endurance the race that lies before us And so [00:17:00] I realized wow this is going to take some exertion and some effort but then it even gives us further Instruction It says keeping our eyes on Jesus And that was kind of the aha moment for me I realized my eyes were always on the people around me and what they thought about me And instead my eyes needed to be on Jesus and then walking even a little further into these verses he is the pioneer and the Perfector of our faith so he's already done what he's asking us to do And What is so comforting to me is knowing that when he went to the cross there were people all around him saying who are you the king of the Jews and saying you're not the son of God If you were the son of God surely you would come down from there But instead of catering to people's views of him Jesus remained on the cross and he stayed there despising the shame And then because of that he sat down at the right hand of the throne of God after he resurrected to life And So Jesus is our [00:18:00] example of not fearing man but fearing God And if that phrase fearing God if you're wondering okay what exactly does that mean No it does not mean that we are afraid of God and that we don't trust him And we don't think that he is trustworthy and good and we fear his presence in our lives We actually have a whole episode on the fear of God that you can go and listen to But I think Psalm 56 3-4 illustrates it really well It says when I am afraid I will trust in you in God whose words I praise in God I trust I will not be afraid What can mere mortals do to me So in this moment the Psalmist is comparing God who Is all powerful and all knowing who he can put his trust in and says but man compared to you what can they do to me And so really the key I think in beginning to not fear man is to fear God And so when I think about [00:19:00] my life and I think about how I can Begin to not live in fear of man I think of Jesus and how he ran his race and how I can keep my eyes on him And so to me scripture is my lifeline and there's a million other verses that we could get to And we'll talk about a couple more in here but it's just my lifeline

**Krystal:** Hmm I love that Hebrews 12 passage and I think that's a really helpful passage to keep in mind So even as you're sharing just your own experience with this The questions that you mentioned earlier how do you connect just those kind of heart level questions and then scripture to then practically live this out what does that look like for you

**Shelby:** Yeah I think the first thing is using those questions to help just recognize when you are struggling with fear of man For me it was something that just seemed to be part of me from the time I was very young And so it wasn't until I was older that I could actually identify [00:20:00] it and say Hey this is unhealthy and this is idolatry and this is something that I need the Lord's help to get out of my life And so I think just recognizing it now When I feel anxious and I start to get anxiety especially when I'm around certain people When I realize that I'm overworking myself in order to achieve something or complete a task for someone if I realize that my schedule is overcommitted those are kind of like these red flag moments that I've learned to watch for and say like okay is this fear of man Is this people pleasing and then when it is I think my next step is to repent of that I've realized that that is idolatry that is putting those people in their perception of me above the Lord but in that moment just like repenting of it doesn't Set me on a new course automatically And so I also really need to get back into scripture and remember what is true of me Remember the gospel preaching the gospel to myself saying like you are saved in Jesus Christ You know we have a [00:21:00] great study called preaching the gospel to yourself that I would highly recommend If you discover that Hey I'm struggling with fear of man or people pleasing or maybe perfectionism or next week we're going to talk about control If you're struggling with any of those things what those things need most is the gospel They don't need you to modify your behavior on your own They need the hope of Jesus Christ And so I would highly recommend that study but another something that's just really Practical for me is just putting scripture and the truth of God's word in view So using something like we have a little notepad called daily he leads me by the daily grace co And on there you can just put a scripture and then you can just put what it means for you and how you're going to apply it to your life And just having something like that in view because people are almost always in view for me And so having God's word also in view reminding me Of who I am in Christ and reminding me of what my purpose and my mission is and that it's not to please those around me has been really really helpful

**Krystal:** I love that you mentioned [00:22:00] bringing in gospel truth in those moments because At least for me I feel like fear of man people pleasing when I start to identify that in myself and see how widespread it is I can often feel shame in those moments because it's something I know that I shouldn't do And yet it feels so second nature that it sometimes just comes out before I can even bring it back in And so to be able to remember the gospel in those moments that Christ paid for You know there's no condemnation for those that are in Christ Jesus And so to remember that yes we are going to struggle with it We're never going to be perfect in it on this side of heaven but we can look to Christ And so that goes back to your Hebrews 12 passage of fixing our eyes on the Lord As we run the race we're not fixing it on ourselves or other people but we're fixing it on the Lord

**Shelby:** yeah

**Krystal:** The joy that we feel when we receive approval from others will only take us so far because that joy is in direct proportion to the response of others And it is constantly [00:23:00] changing people's opinions and thoughts and actions are constantly changing And so our joy is going to waiver with that Because we're going to constantly need that next compliment or the next avoidance of conflict to maintain that type of joy So when we don't get that or worse we get a critique or we enter into conflict that joy will plummet and then it's going to be replaced by worry or despair And so what the gospel communicates to us is something so much greater than that temporary joy or satisfaction we get from the approval of others because it is a joy that's rooted in the unchanging love of God So this joy that we receive from God it is the antithesis of people pleasing and of fear of man because in Christ there's nothing we can do to earn his love And there's nothing we can do to lose it God sets his perfect love on us and it never changes When we remember that we are already [00:24:00] fully accepted by God not because of what we have done but because of what Christ has already accomplished for us we are not going to experience that level of devastation when someone rejects us or they don't like us or we have conflict with other people Because Christ himself he understands rejection He was rejected by those He came to save and we're reminded in Hebrews four in verse 15 he can sympathize with us in our weakness because he was tempted yet was without sin So he understands our struggles of wanting to be loved and accepted in Instead of looking to created things we can look to the creator the one that can fulfill our deepest longings of love and approval and acceptance This will free us from the cycle of looking to the ever changing opinions of others for that kind of joy

**Shelby:** Yeah I think we need to realize that that desire for acceptance is God given and I almost think he gives it to us so that we'll search for him because he's the only one who can [00:25:00] fulfill it And he has you know Another passage of scripture that I love to go to when I'm struggling with fear of man is Romans 5:17-18 It says if by the one man's trespass death reign through that one man how much more will those who receive the overflow of grace in the gift of righteousness reign in life through the one man Jesus Christ So then as through one trespass there's condemnation for everyone So also through one righteous act there's justification leading to life for everyone And as someone who's always looking for my justification is looking for my righteousness in what other people think of me Reading this verse that says no righteousness and justification come only through one man Jesus And through his one act his death and resurrection that brings so much freedom and remembering that truth and keeping Jesus focal and center point in my [00:26:00] life And knowing that like you said it's not because of anything I've done but because of what he's done that I am accepted and loved by the father Then all of those other opinions become way less important They don't get as much of my time or of my attention And just like you said it doesn't impact me as much when someone has a negative impact because the most important opinion of me won't ever change because it relies only on the one man Jesus Christ

**Krystal:** Hmm so good It's so encouraging I think it's a great way to wrap up our conversation Just thinking on the gospel and how it really transforms how we see Not only ourselves but our relationships with others And so hopefully there's encouragement here for those that struggle with fear of man and people pleasing that we can look to the Lord we can look to God who has already accepted us He has already forgiven us and we have life in his name So thank you so much for joining us today on the daily grace podcast we look forward to our [00:27:00] next conversation where we will talk all about control I feel like we're just stepping on all kinds of idols and issues in our lives with these episodes

**Shelby:** We are and I'm so excited for that episode We'll be interviewing Sharon Hodde Miller and we've had a chance to get a sneak peek at some of the things she'll be talking about And I think it's going to be a great episode That you won't want to miss but don't forget to subscribe to our weekly newsletter You'll receive free resources related to the podcast straight to your inbox You can click on the link in the show notes just subscribe and Hey if you are enjoying the daily grace podcast we'd love If you'd leave us a review on apple podcasts those reviews help others find our show If they may be interested in it

**Krystal:** until then come join us As we continue this conversation over on Instagram at daily grace podcast We'll see you next time

**Shelby:** Goodbye