

Overcoming Approval Addiction
Creflo Dollar
Broadcast Dates: 8/22/23-8/24/23
Message Date: 4/30/23 ● 10:00 A.M.

Scriptures:

- 1 Samuel 15:24
- John 12:42, 43
- Galatians 1:10, NLT
- John 5:41-44, NLT
- 1 Thessalonians 2:3-6, NLT
- Colossians 1:21, 22, NLT
- Romans 8:38, 39, NLT
- 2 Corinthians 10:12

Summary:

Addictions to anything are very dangerous and destructive. This includes being addicted to others' approval. It is a huge mistake to determine our value and sense of self-worth by what other people think of us. The craving for others' validation and the fear of rejection can destroy our mental health, cause us to focus on the wrong things, and actually derail God's call on our lives. This kind of fear puts us in bondage to people. Living to please others, instead of God, steals our peace and our relationship with Him. By contrast, living for an audience of one—God—pleases Him, gives us eternal peace, and allows us to carry out His plan for us.

Notes:

1. The addiction for others' approval is not only a biblical issue, but also a societal issue; it affects everyone. We work hard for others' approval without even knowing we are doing it; this distracts us from finding out God's will for our lives.
2. We do not need to work for others' approval—*God* has already approved us. This delivers us from people and spares us from efforts to impress others who do not even care about us.
3. Symptoms of being an approval addict include the fear of rejection, having trouble saying "no," apologizing too much, low self-esteem, anxiety over what others think of us, and going along just to get along.
4. The fear of rejection brings out unhealthy emotions like anger and resentment toward those who reject us. It also causes us to work hard creating a phony persona of ourselves, to get others to like and approve of us. Having trouble saying "no" is a special problem for Christians who somehow think they must please everyone and agree to anything.
5. Approval addiction is caused by a lack of self-worth and social media. However, it is unscriptural to compare ourselves with others.

category: spiritual growth

keywords: overcoming, addiction, addictions, addicted, fear, bondage, mental, health