

## How to Attack Approval Addiction

Creflo Dollar

Broadcast Dates: 8/25/23 & 8/28/23-8/29/23

Message Date: 5/7/23 ● 10:00 A.M.

### Scriptures:

- 1 Samuel 15:24
- John 12:42, 43
- John 12:43, *NLT*
- 1 Thessalonians 2:4, *NLT*
- 2 Timothy 2:15, *NLT*
- 2 Corinthians 5:8
- Matthew 3:16, 17
- 2 Corinthians 10:12, *NLT*

### Summary:

*Being addicted to others' opinions of us is extremely destructive. An excessive need for people to approve and validate us can cause guilt, shame, and insecurity. This kind of addiction leads to seeking others' approval before we can value ourselves, and causes us to greatly fear rejection and disapproval from people who do not even care about us. It can lead to anxiety, depression, and mental health issues. Craving others' acceptance and forgetting that God has **already** accepted us is tragic; realizing that He approves of us helps break this addiction. Our mental outlook and self-respect immediately begin to improve when we decide that we like ourselves, regardless of what others think. We will not need the world's validation when we know that we are already God's beloved and the apple of His eye.*

### Notes:

1. An approval addiction makes us afraid to say "no." It makes it difficult, if not impossible, to set boundaries for ourselves. It makes us people-pleasers while stripping us of our self-esteem and sense of self-worth.
2. God, not man, is the one we should seek to please. We do not want to stand before God with regrets because we spent our lives trying to please people instead of Him.
3. The first step is to recognize that we have a problem; we will remain stuck until we honestly admit it to ourselves.
4. Work on improving your self-esteem and sense of self-worth. Even people in church struggle with this. Emotional maturity is an issue for many, but there are ways to make the necessary improvements.
5. Stop comparing yourself to others. Set boundaries in your relationships. Celebrate your wins. Let go of negative people.

category: spiritual growth

keywords: approval, addiction, addicted, opinions, approve, validate, accepted, beloved