

Why Do We Care So Much?

The People Pleasing Trap - Part 1

January 4, 2026

Discussion Questions:

1. What's a small or harmless situation where you notice yourself caring a lot about what others think? This may be your presence on social media, at work, in your parenting, group texts, or somewhere else.
2. When do you feel most confident being yourself? Is it around certain people, in a particular environment, or during certain activities?
3. Have you ever changed your answer, opinion, or behavior just to avoid conflict? What was going through your mind at that moment?
4. Read Proverbs 29:25 out loud. Pastor Griff said, "People-pleasing is a prison you build yourself." What are some bricks we tend to use to build that prison? For you, is it approval, conflict avoidance, insecurity, image, or something else?
5. In Galatians 1:1-2, Paul makes it clear his calling came from God, not people. How does knowing who called you shape how much power others' opinions have over you?
6. Looking at the three practices for freedom below. Which one feels most challenging for you? What is one small, concrete step you can take in that direction this week?
 - Naming the voice you're living for
 - Obeying God in one hard place this week
 - Anchoring your identity in Christ daily

21 Days of Prayer Challenge: Read the Scripture and prayer below aloud in your group, and have each member consider the prompt at the end. Check in later this week to see how each person has done with the prompt!

Scripture:

*When I look at the night sky and see the work of your fingers—
the moon and the stars you set in place—
what are mere mortals that you should think about them,
human beings that you should care for them?
- Psalm 8:3-4*

Prayer:

Lord, when I pause to notice Your greatness and the work of Your hands, humble me. Quiet my pride, my self-importance, and my need to be in control. Help me remember how small I am, and how gracious You are to notice me, care for me, and invite me to be part of Your purposes. Let awe lead me to surrender, and let humility lead me to trust You more fully today.

Prompt:

This week, choose humility in everyday situations, especially when it's difficult. Later this week, let your group know a situation you encountered, what your "natural" response would have been, and what choosing humility instead looked like for you in that moment.