

God Speaks Through God's People

The People Pleasing Trap - Part 3

January 18, 2026

Discussion Questions:

1. Who is someone in your life whose opinion carries extra weight for you? What do you think that reveals about what you value or fear?
2. What is a decision you have made before based mostly on what others would think? This could be something as big as what career path to take or as small as what to order for lunch! In that moment, what was the driving force behind their influence on you?
3. Pastor Sean pointed out that people-pleasing can cause us to listen to the wrong voices and miss the right ones in our lives. Read Proverbs 19:20 out loud. Do you have someone that you can count on in your life for godly advice? Who are they, and what is the best advice they've ever given you?
4. One tactic the enemy uses is to isolate us, leaving us to carry our burdens alone. However, Paul explains we are called to help one another in Galatians 6:1-2. (Read it aloud!) Share a time in your life or someone else's you have seen this played out.
5. Ready Proverbs 27:17. What qualities characterize a relationship that strengthens and refines you? How can you tell the difference between encouragement that sharpens and criticism that weighs you down?
6. Pastor Sean shared Brené Brown's "square squad" concept where the names of all the people whose opinions you take to heart should fit on a 1"x1" piece of paper. Who is in your square squad?
7. What is an area of your life where you could benefit from additional guidance by receiving God's words through His people? What is an opportunity in your life where you can start kindly sharing God's words to someone who may be struggling with burdens or lack of direction?

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:

Then I heard the Lord asking, “Whom should I send as a messenger to this people? Who will go for us?” I said, “Here I am. Send me.”

- Isaiah 6:8

Prayer:

Lord, today I come before you and quiet my heart to listen for Your voice. When You ask, “Who will I send? Who will go for us?” I want my response to be one of honesty and surrender. Please use me—right where I am, with what I have. Use my words to bring life, my actions to reflect Your love, and my presence to point others to You. Please use me even when I feel incapable or afraid. Remind me that obedience matters more than ability. Give me courage, humility, and trust to believe that You will go before me.

Here I am, Lord.

Send me.

Prompt:

This week when you feel God prompting you to go, then go. If you feel the tug to speak to someone, lend a hand, or try something new, obey His calling. It may seem odd, and it will likely be out of your comfort zone. Pray afterwards that He is glorified and the act of obedience will be used for His Kingdom!

Later this week, swap stories with your group members to see how God is calling people for His purposes. Remember, God has often used the small and overlooked to write His story—it’s about the willingness to obey!