

LIVING FROM ACCEPTANCE, NOT APPROVAL

Scripture

Galatians 1:10

“Am I now trying to win the approval of human beings, or of God? ... If I were still trying to please people, I would not be a servant of Christ.”

Devotional Reflection

Approval-seeking is exhausting. It creates constant comparison, overthinking, and insecurity. It keeps the heart restless and the mind alert to every reaction, response, or perceived expectation. Acceptance, on the other hand, creates rest. It settles the soul and allows you to move through life without constantly measuring yourself against others.

In Christ, you are already accepted. That truth frees you from performing for validation—from God or from people. Galatians 1:10 reminds us that living to please others eventually competes with living faithfully before God. When acceptance is settled, obedience becomes a response, not a requirement to belong. You follow Christ not to earn approval, but because you are secure in His love.

Living from approval often means adjusting who you are to fit expectations. It can look like people-pleasing, avoiding honesty, or shrinking your convictions to maintain acceptance. Over time, this posture quietly drains emotional and spiritual energy. Living from acceptance, however, allows you to walk honestly, confidently, and consistently. One posture is draining. The other is freeing.

Renewed thinking means recognizing where approval has replaced peace. It means asking honest questions: *Whose approval am I chasing? Who am I trying to impress?* Paul makes it clear that a life centered on Christ cannot also be controlled by the fear of disappointing people. God does not measure your worth by applause, affirmation, or approval ratings. He anchors your worth in relationship — secured through Christ.

Today is an invitation to live from acceptance and let go of unnecessary approval. You do not need to earn God’s attention or prove your faithfulness. You are already seen, known, and loved. From that place of acceptance, you are free to live with integrity, courage, and peace.

Focus for Today

Secure Acceptance

Practice:

- Notice moments where you seek validation
 - Pause and remind yourself you are already accepted
 - Choose truth over people-pleasing
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Prayer

“God, help me live from acceptance, not approval. Free me from the need to prove myself and teach me to rest in who I am in You. In Jesus’ name, amen.”

Reflection Question

Where do I feel the pull to seek approval instead of resting in acceptance?