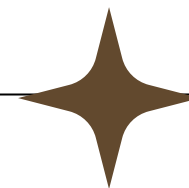


The Idolatry of People-pleasing

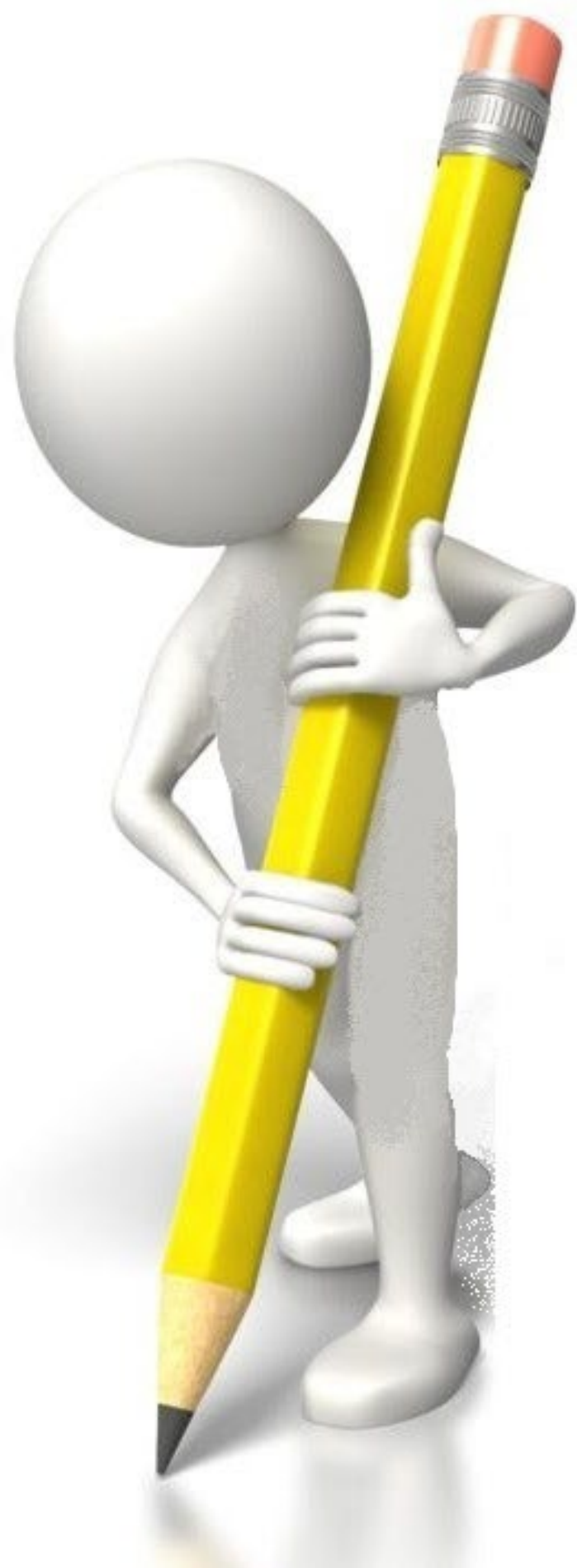
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The Idolatry of *People- Pleasing*

**Laurie Gorrell
May 2, 2026**



Proverbs 29:25 [EEB]

If you are afraid of what people think about you, you will never feel safe. But if you trust in the Lord, he will keep you safe.

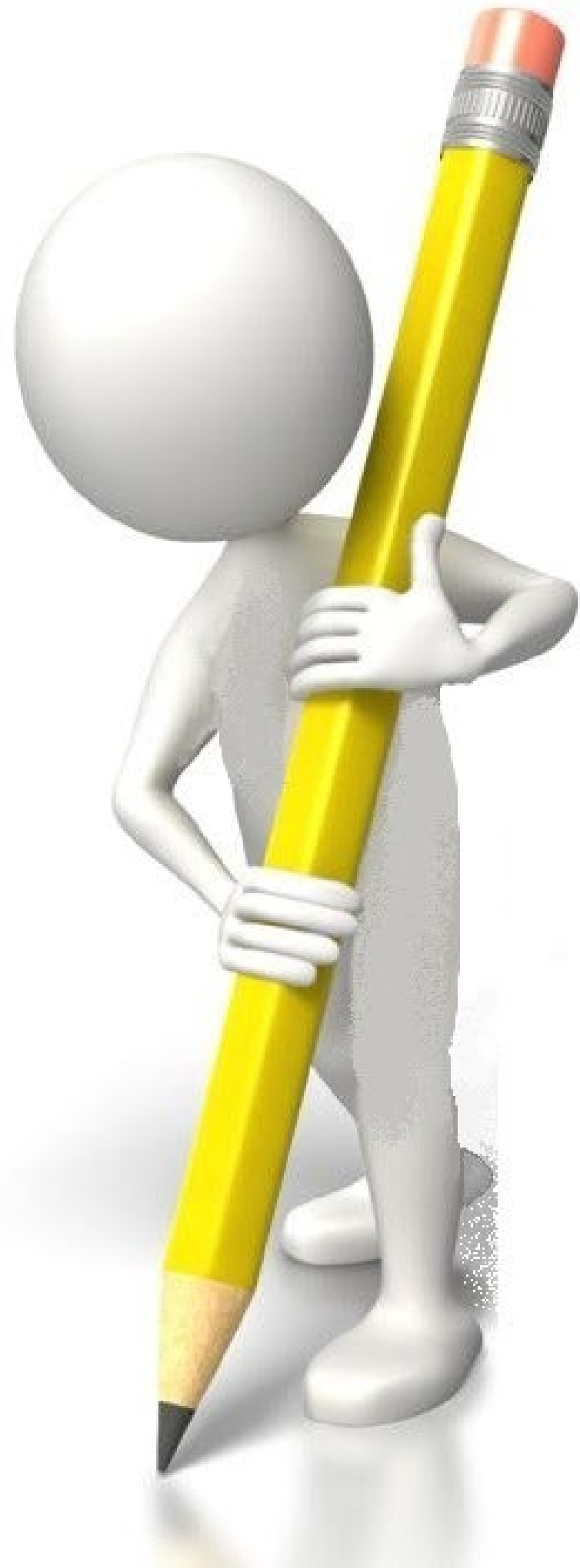
An open book with a white text box overlaid on the pages. The text box contains the following text:

Luke 14:26 [NIRV]

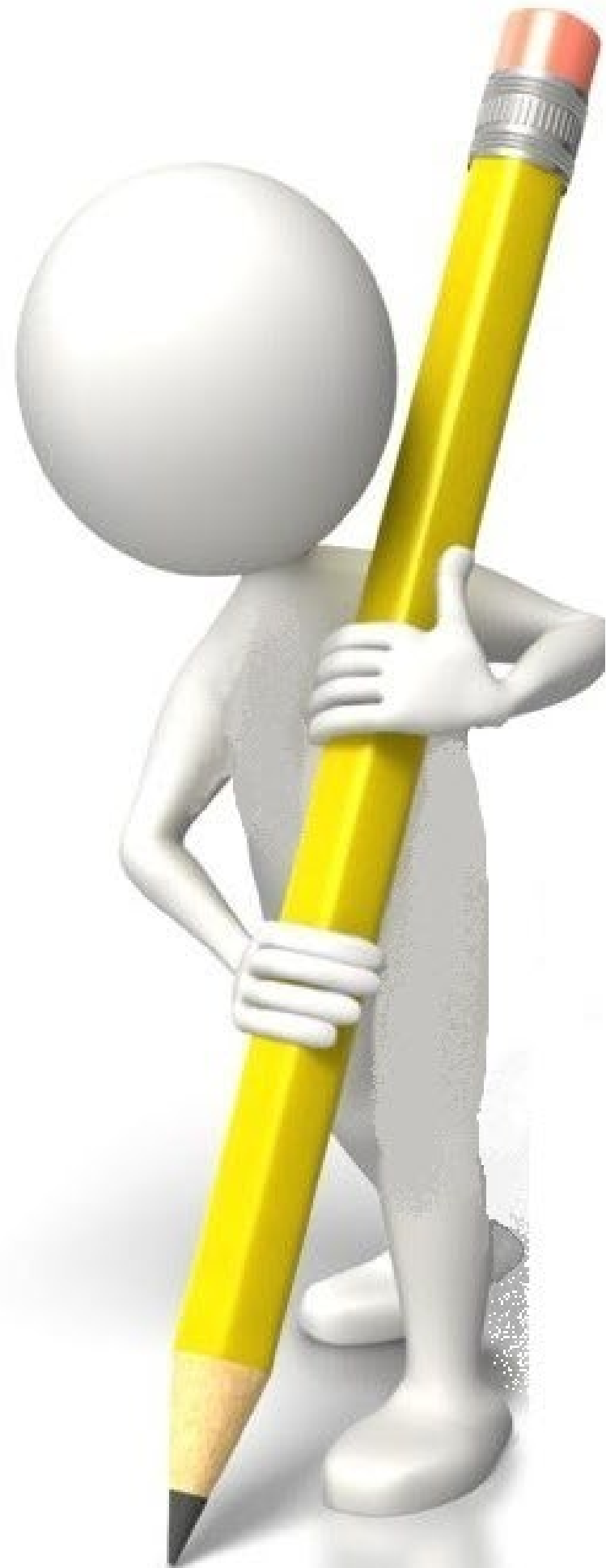
“Anyone who comes to me must hate their father and mother. They must hate their wife and children. They must hate their brothers and sisters. And they must hate even their own life. Unless they do this, they can’t be my disciple.”

The book is open, showing two pages. The text is centered on the right page. The background is a dark green grid pattern.

“Anyone who comes to me must hate their father and mother. They must hate their wife and children. They must hate their brothers and sisters. And they must hate even their own life. Unless they do this, they can’t be my disciple.”



Galatians 1:10 [NIRV]: **Am I trying to get people to think well of me? Or do I want God to think well of me? Am I trying to please people? If I were, I would not be serving **Christ.****



People-pleasers suffer from:

Difficulty saying "no": Overcommitting or agreeing to things they dislike to avoid upsetting others.

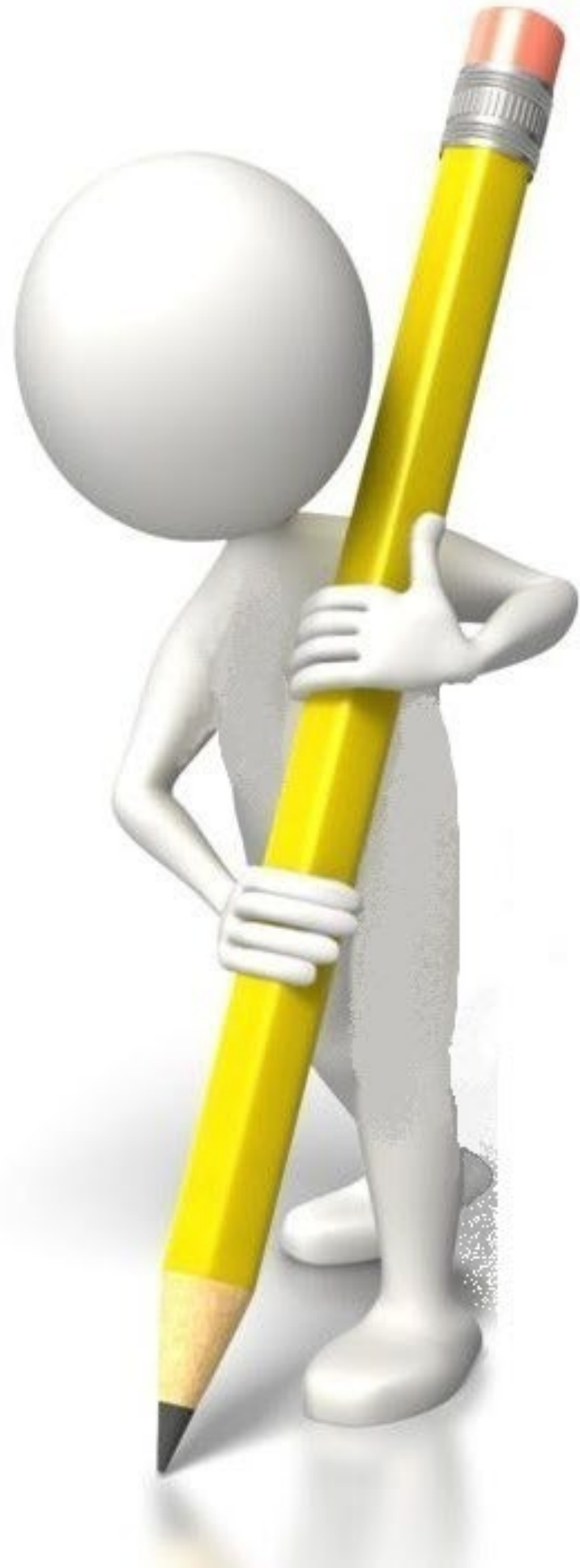
Conflict avoidance: Changing their opinions or pretending to agree to maintain harmony.

Excessive apologizing: Apologizing even when they are not at fault.

External validation: Relying on others' approval for their self-worth.

Taking on too much: Regularly handling extra work leading to no free time.

Emotional responsibility: Feeling responsible for others' emotions or moods.



Kindness and codependent people-pleasing aren't the same thing. Kindness is a fruit of the Spirit, motivated by my love, my healthy self-esteem and my intrinsic value that is assigned by God.



- *Difficulty saying "no".*
- *Conflict avoidance.*
- *Excessive apologizing.*
- *External validation.*
- *Taking on too much.*
- *Emotional hyper-responsibility.*



What is my part in it?

*My part is **recognizing** when I am stuck in childish defaults and learning to accept responsibility for seeking **validation** and **healing** from my Creator God.*



The time to examine yourself is not when you are face down in the mud beat down by shame. The time to examine yourself is when you are in the comforting embrace of your Heavenly Father while he is gently patting your head, telling you that you are loved and everything is going to be ok.