

# Crave

## Week 1 | I just can't say "no" to.... YOUR APPROVAL.

### BOTTOM LINE

The one who designed you is the only one who has the power to define you.

### GOAL OF THE GROUP

We are discussing a struggle that all of us battle to a certain extent. This whole series will set a tone of authenticity, openness, and brokenness. Feel the freedom to stop and encourage people in your group who are struggling, frustrated or brokenhearted. This content is only a means of discussion to point people back to Jesus when they feel like they can't say no to \_\_\_\_\_.

### SCRIPTURE

Romans 7:14-25

## DISCUSSION QUESTIONS

1. **Share:** What is one food that you wish you could eat without consequence?
2. **Read:** Romans 7:14-25 (Read the NLT version if you have it available)
  - a. When it comes to the topic of cravings, how do these scriptures reflect the battle we face with a craving or struggle?
3. **Discuss This Quote:** In the book "Approval Addiction" by Joyce Meyer she says "need for approval and acceptance from others affects your personal relationships, your prayer life and your personal ability to be promoted in life."
  - a. How do you wrestle with this struggle? How can you relate?
4. In the book "The Search for Significance" by Robert McGee, he poses a few types of approval addiction patterns that we fall into. Discuss these three cycles.
  - a. **THE PERFORMANCE TRAP** (Pattern of the Mind)
    - The pattern we fall into is thinking that our self-worth = my performance + people's opinion
  - b. **THE APPROVAL ADDICTION** (Pattern of our Actions)
    - The pattern that we think "I must now constantly receive affirmation from others to continually feel good about myself." We are limited by a never-ending pursuit of validation.
  - c. **THE BLAME AND SHAME GAME** (Pattern of Consequences)
    - The thought we typically have is "this is what happens when things don't go my way."
  - d. **Discuss:** Which pattern would you consider your natural struggle? When we are stuck in any of these patterns, how does it affect our life, relationships or view of ourselves?
5. **Read:** 1 Peter 3:3-4
  - a. How does God view you? If you believed these words, how would it shape your thoughts, emotions, and actions?
6. **Read:** Romans 12:2
  - a. What does it mean to have your mind renewed and transformed?
  - b. What is one decision you can make this week to renew your mind about approval?
7. **Discuss the impact of this statement:** *THE ONE WHO DESIGNED YOU IS THE ONLY ONE WHO HAS THE POWER TO DEFINE YOU.*

Galatians 1:10 "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people,

I would not be a servant of Christ."

How can I choose to serve God today instead of trying to gain the approval of people around me?



## TRY THIS

*Freedom starts by seeking our identity in Christ first. It is said that a shift in our beliefs will lead to a shift in our thoughts. Choose one scripture from today and reflect on it for at least 90 seconds two separate times this week.*