

DAILY READING PLAN

The People Pleaser Trap
Week of October 22, 2017



Day 1 - *It's Okay to Say "No"*

People pleasers want everyone around them to be happy and they will usually do whatever it takes to keep it that way. But putting everyone else first eventually leads to frustration and resentment. For some, saying 'yes' is a habit; for others it's an addiction. Saying "yes" makes a people pleaser feel like they need to be needed. It makes them feel important and like they are contributing to someone else's life. But remember this: you have a choice between yes and no and it's okay to say no. *Read Galatians 1:6-10 paying close attention to the last verse.*

Day 2 - *Start Small*

Breaking the habit of people pleasing takes time, so it's best to start with small steps and saying no to smaller things. For example, if you really don't want to do something that someone is asking you to do, but you feel guilty about that, just let them know that you'll go but you will be a little late or that you'll need to leave early. You get to take responsibility for your time. Or, if someone wants to go out to dinner, suggest a shorter coffee date instead. Start with small no's to practice for the bigger ones. *Read Deuteronomy 31:8. How does knowing God is always with you give you confidence?*

Day 3 - *Give Yourself Time*

It's very hard to say no to someone else's personal request when you are a people pleaser. When a friend asks you to do something, it's easy to default to "sure." Or when a colleague asks you to be a part of a work project, you'll say "okay," but then immediately you regret it. Then you are frustrated with them and angry at yourself for saying yes. What to do? Pause before you respond. Try not to give an answer immediately. Decide that if someone asks you for something, your default answer is, "Let me get back to you." This gives you some time to check your schedule, review your to-do list or consult with another trusted friend. This gives you time and space to think about it and respond with a confident and polite "no." *Read Romans 13:8. How is giving yourself some extra time the loving response?*

Day 4 - *Know Your Goals*

It's much easier to say no to other people's lives when you know what you are saying yes to in your life. Therefore, it's helpful to re-evaluate both your short-term and long-term goals. For instance, when you know what you need to be doing this week and how that prepares you for next week, or next month, or even further out, it's easier to say no to a request because you have to make time for your goals right now. If your goal is to create healthy margin, space and more time for yourself, and someone asks you to take time for them, you can say something like, "that won't work for me right now" and feel confident about it. *Read Psalm 34:7. Are the desires of your heart creating life within you?*

Day 5 - *Stop Apologizing*

When you say no to someone, say it with confidence and resist making apologies for having to prioritize things in your life. This is about stewardship—stewarding, taking care of things that are valuable in your life. You can feel great about having something you need to take care of. You can feel confident that you're standing up for something that you believe in. *Read 1 John 5:14 and be confident that God is with you, God hears you and knows your heart.*

PRAYERS

Pray for: Jacob, Joan, Bev, Judy, Ron, Arlis, Pat, Ruth, Brian, Christine, Cheryl, Jacob, Harry, Denise, Muriel, Megan, Benjamin, Craig, Tammy, Sharon, Troy, Elaine, Marla.

Pray for those with long-term illness: Sam Elsmore, Carolyn Raedeke, David Lehman, Mary Llewellyn, Scott Jones, Margaret Mazur, Lisa Leland, Rob, Naomi Edwards, Claude Johnson, Jenny, Lucas Lamontage, Sandra Jundt, Stella Mae Aaby, Janice Wake, Karen Axeen, Gloria Swanson, Chloe Checco, Jean "Yaya" Welch, Tim Ivers, Corey "Lovely" Samuel, Greg Wendorf, Vicki Nordaune, Bob Pelton, Emma Olson, Kerstin Bryall, Kathy G., Kate Drost, Evan Marian, Judy Wenner, Kurt Gartland, Dan Ward, Gavin Lyman, Judy Knutson, Bobbi Braun, Jen Cockerill, Mark Reinsmoen, Carissa Vincent, Adele Schoen, Sandy Bruner, Lorna Hansen, David Odegard, Duane Thoms, Sandy Robertson, Tami Allen, Bernie Wagnild, Maria Hurni, Julia Nicol, Doug and Carol Silkey, Bryan Akkerman, Ed O'Connor, James Alsip.

Prayers of sympathy and support for: Harvey & Judy Preble and their family, as they mourn the loss of Judy's mother, Laura Jones; Family and friends of Janet Lentz, as they mourn her loss.

Pray for those serving in the military: Tommy Corbey, Andrea Keohane, Sarah Yetzer, Tyler Riley, Curtis Parker, Andy Klein, Tristan Purcelli, Brian Fedde, Colin Heintzeman, Maurice McKay, Dave Booth, Josiah Ellingson, Jason Wilck, Jason McClure.

If you have a prayer request: Fill out a Connection Card at the tables in the Sanctuary or the Welcome Desk, email to prayer@popmn.org or contact Jody Slaughter at jslaughter@popmn.org or 952-898-9312.