

The People-Pleaser's Freedom Guide

Biblical Hope for Women Who Feel Responsible for Everyone Else's Happiness

A companion guide to the "Can You Say No Without Guilt?" Quiz

by, CHERYL LUTZ

Did Your Quiz Results Hit Close to Home?

If your quiz results showed that saying "no" fills you with guilt or that you often carry the weight of everyone else's expectations, you're not alone. I know this struggle because I've lived it.

Years ago, someone complimented me after church. "You're a pastor's wife, homeschooling four children, teaching Bible studies, and opening your home to missionaries almost every Sunday. I'm so impressed by all you do."

From the outside, my life looked beautiful.

But inside, I was barely holding on.

I smiled politely, adjusted the baby carrier holding my one-month-old son, and thanked him. What I really wanted to say was, "If you only knew how exhausted I am."

I had convinced myself that serving more meant honoring God more. Without realizing it, I had taken my lifelong desire for approval and simply dressed it up in Christian language. I believed I was serving Christ, but much of my striving was fueled by a deep need to prove my worth.

A few months later, my body finally said what my heart had been trying to ignore. I began experiencing seizures, debilitating fatigue, and muscle weakness. I couldn't keep living at the frantic pace I'd created.

Looking back, I realize Jesus was never asking me to carry everyone else's expectations. He was inviting me to rest in His love.

Maybe that's why you're here today.

If so, this guide is for you. My prayer is that as you turn these pages, you'll begin exchanging the exhausting burden of people-pleasing for the life-giving freedom of being securely held by Christ.



Inviting You to Rest in God's Embrace

Five Signs You May Be Stuck in the People-Pleasing Trap

If your quiz results showed that saying 'no' leaves you feeling guilty, take heart. Awareness is the first step toward freedom.

1. You Feel Responsible for Everyone Else's Happiness

When someone is disappointed, upset, or frustrated, you immediately assume it's your job to fix it.

Ask Yourself

Whose emotions am I trying to manage that God never asked me to carry?

Scripture

Galatians 1:10

Prayer

Father, help me release responsibilities You never placed on my shoulders. Teach me to care for others without carrying burdens that belong to You.

2. Saying "No" Makes You Feel Guilty

Even when you're exhausted...

Even when your schedule is full...

Even when God may be leading you elsewhere...

You still say yes.

Not because you're able.

Because you're afraid.

Ask Yourself

What do I believe will happen if I disappoint someone?

Scripture

Matthew 11:28–30



3. You Replay Conversations Long After They're Over

You wonder...

Did I say too much?

Did I hurt their feelings?

Do they still like me?

People-pleasing keeps your mind imprisoned long after everyone else has moved on.

Ask Yourself

Whose opinion carries more weight than God's today?

Scripture

Psalm 23:1–3

4. Your Worth Rises and Falls with Your Performance

When you're productive...

You feel valuable.

When you're praised...

You feel secure.

When you fail...

You question your worth.

But your identity was never meant to rest on your performance.

It rests on Christ's finished work.

Scripture

Romans 8:1

5. You Serve from Pressure Instead of Peace

God calls us to serve.

But He never calls us to strive.

Sometimes we're doing good things that God never actually asked us to do.

Ask Yourself

Am I serving from God's calling...

Or from fear of disappointing others?

Scripture

Ephesians 2:10

Your First Step Toward Freedom

Freedom doesn't begin by trying harder.

It begins by believing:

You are already loved.

Already accepted.

Already secure.

You don't have to earn what Christ has already given.

Practice Your First Grace-Filled "No"

People-pleasing isn't overcome overnight.

It changes one decision at a time.

Here are a few simple responses you can begin using.

Instead of...

"I guess I can."

Try...

"Thank you for thinking of me, but I won't be able to."

Instead of...

"Let me see if I can squeeze it in."

Try...

"I appreciate you asking, but my schedule won't allow it."

Instead of...

"I don't want anyone to be upset..."

Remember...

Someone else's disappointment does not mean you've disobeyed God.

A Prayer

Father,

Teach me to love people without living for their approval.

Help me serve from joy instead of fear.

Give me courage to set healthy boundaries with humility and grace.

May my identity rest securely in Christ rather than in the opinions of others.

In Jesus' Name, Amen.

You Were Never Meant to Carry This Alone

People-pleasing is more than a habit.

It's often rooted in misplaced identity.

That's why lasting freedom comes from knowing who you are in Christ.

If this guide resonated with you, I would love to walk with you further by recommending,

Securely Held

Finding Significance and Security in the Shelter of God's Embrace

Inside, you'll discover how to:

- ✓ Stop living for approval
- ✓ Replace striving with rest
- ✓ Set biblical boundaries without guilt
- ✓ Find lasting security in God's love

Continue the journey



[Read Securely Held](#)



[Listen to the Secure in God's Embrace Podcast](#)



[Join my weekly newsletter](#)



[Follow along at CherylLutz.com](#)



Inviting You to Rest in God's Embrace