



# chosen.

An online mindset journey  
to walking in your worth

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# Module Seven

*Check who's  
channeling  
your choices*

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## Module Seven – Check who’s channeling your choices

### My Story

Often when we think about people pleasing, we can think about compromise and choosing the opinion of the ‘crowd’ over the desires and dreams we have for ourselves (not to mention the life God wants for us!) Less often, however, do we speak about how people pleasing can actually cause us to shrink back in fear and living ‘less than’ based on how we think others might respond to us. This leads me to reflect on one of my favorite quotes by Marianne Williamson...

***“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”***

Shrinking back so that others will not feel insecure around you’ is not serving anyone and it never will. More than that, though, shrinking back can absolutely be a form of people pleasing. Although there are many other shapes through which people pleasing will take place (which we’ll explore later as we dive into the Word) I want to zone in on this area right now as I share some of my story.

My first memory of shrinking back in order to people please took place about 15 years ago! I was in my final year of high school and our school was putting on the show ‘The Wizard of Oz’. I was overjoyed to find out I had been cast as the lead role of ‘Dorothy’ after a series of auditions. But my joy lasted all of 10 minutes. I soon saw one of my best friends at the time storming off and crying as she looked at the cast list which had been pinned up for all to see. She’d still been given a good role, but it obviously wasn’t good enough for her! I tried to talk with her later and she literally blanked me. She acted as if I wasn’t there. This, in turn, affected our whole friendship group and the atmosphere in the air was just awkward. I hated it. I hadn’t done a thing wrong, but I hated feeling as though I had and I just wanted everyone and everything to be okay!

I made a decision that the next day; I was going to go and speak to my music teacher and tell her that I couldn’t be Dorothy. I wanted so desperately to be liked and spoken to by my friend again, that I was 100% willing to throw away a role I had worked really hard to get. Thankfully, a few good friends and family talked some sense into me and I went onto play the role (and eventually made up with my friend too!)



This is such a small example of people pleasing in this way, but it's one I've often found myself up against. I wonder if you can relate. I wonder if there have been times in your life where you have so wanted to go after something, perhaps you've even been called to something. And yet, because of the fears of what others would say and think, you've decided you'd prefer to stay on their good side as opposed to going after what God's placed on your heart.

Like we read in the Marianne Williamson quote, our playing small doesn't serve the world. Yes, maybe some people will be jealous and even upset at you 'shining', but that is not reason to stop. Especially if you feel called to what you're doing!

I ask all of my private coaching clients about their calling with regards to the work they're doing. I think it's so important to recognise what we're doing as something beyond ourselves as it helps us to remain anchored regardless of whether or not people 'approve' of our actions or not.

I remember when I first moved from blogging to business coaching and started to make my transition. I'd been coaching women 'offline' for years, but in the online space I'd only ever really been a blogger. Following that, as I transitioned, I spent a year launching email blog series' and devotional e-books. When I sensed that I was being called to mobilise others to begin to build their businesses, I was so nervous about what people would think and questioned whether or not they might judge me for my shift in direction. I almost deleted my entire email list I'd just spent a year building in anticipation of simply starting again so as not to ruffle any feathers! Thankfully I saw sense and the backlash was, of course very minimal. If anything, people were celebrating my new direction with me and recognising it what I was born to do! I can't imagine where I'd be now if I'd been so paralysed by people's opinions (which I'd made up) that I didn't move forward and pursue my call at all.

There is *such* freedom to be found in not being bound by others' opinions of you. There is such strength to be found in persevering in spite of the potential backlash and there is so much joy in living for an audience of One!

### Pause Point

**Have you ever found yourself 'playing small' in order to please people? How did this turn out? How did you overcome it?**

*(Use your favourite journal or a notebook to make a note of your response to this.)*

### *His Story*

People pleasing can take shape in many forms, can't it? Whether we're pleasing people to stay on their good side, or simply to impress them, it can quickly take hold of us and

change the original intentions of our hearts and minds into something quite different. However, as we've just read above, *not falling into the people pleasing trap* can be incredibly difficult, and so when the apostle Paul says the following words, documented in Galatians 1:10, they can prove to be a real wake up call.



I read these words and I just think 'can't I do both'? Of course, serving God isn't an immediate equation for hate from people, however, reading words like this can definitely be quite sobering and give us reason to have a heart check as we face difficult situations which might cause us to compromise our morals and principles in favour of pleasing the crowd.

Here, Paul is talking to the churches in Galatia and is commenting on how they appear to have 'deserted' the faith they once professed to have in favour of those who appear to be professing a different Gospel. To be honest, this doesn't sound dissimilar to today. We're continually bombarded with talk of people being 'spiritual'. However, to profess Christ is a whole different story for some, and one which some people aren't quite ready to do. There will be instances of people being happy to meditate and perhaps even pray. There are others who may even quote some of the wise sayings of Jesus. But to follow Him and trust Him wholeheartedly is often seen as 'going too far' or being 'over the top'.

### Pause Point

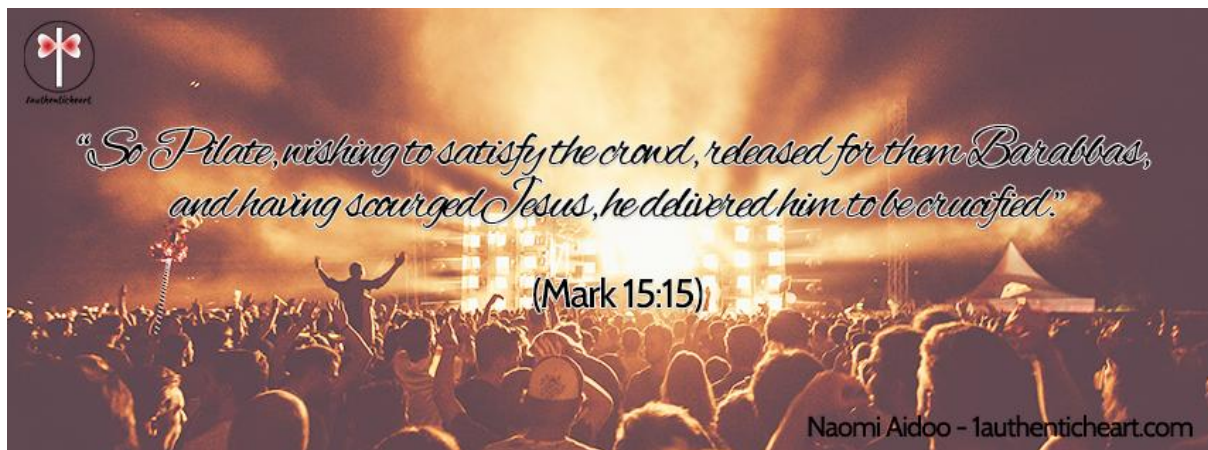
**Have you ever had instances where your Christian faith foundation has been questioned and/or ridiculed? How did you respond?**

*(Use your favourite journal or a notebook to make a note of your response to this.)*

When I first entered the coaching industry after spending 5 years as a Christian blogger and then a further year as an author of devotional materials, I was tempted to 'crowd please' myself. I knew I had what it took to help others build their businesses, but I really wanted to support Christian women in doing so, as it would then also mean building the Kingdom. (Something I'm hugely passionate about.) But then, I saw countless posts on social media about astrology, mediums, the law of attraction and even psychics, and I was

disheartened. It seemed like these sorts of coaches were most popular and I only witnessed one or two with a Christian faith based message. I was tempted to play down my faith from a business point of view and just work with anyone. But I didn't feel a peace about this direction at all, and ultimately, I didn't go through with it. I now incorporate my faith as a part of my services and offer spiritual support alongside business support. And it turns out, I'm working with the exact type of women I always hoped to be! Rooted and grounded in God, but determined to build and scale successful businesses!

I'm not saying that working outside of this sphere would have meant I would have 'deserted the faith', absolutely not! However, it would have meant that I'd disregarded what I felt called to in favour of the 'popular' option. This might not have had tragic consequences. But, as we're about to witness in some more of God's word, there are certainly times where people pleasing has not worked out well at all...



If there were ever a verse which most poignantly described the power and temptation to please people, and the results that leads us to, it would be this one. I touch on this in more detail in the audio training but I just wanted to highlight here the extremities of people pleasing. Pilate, knowing that Jesus was innocent and being certain that Barabbas wasn't, still decided to have Jesus crucified.

This element of Jesus' crucifixion wasn't the only instance during which people pleasing reared its ugly head... Remember the criminal who didn't repent even though his death was imminent? (Luke 23:39).

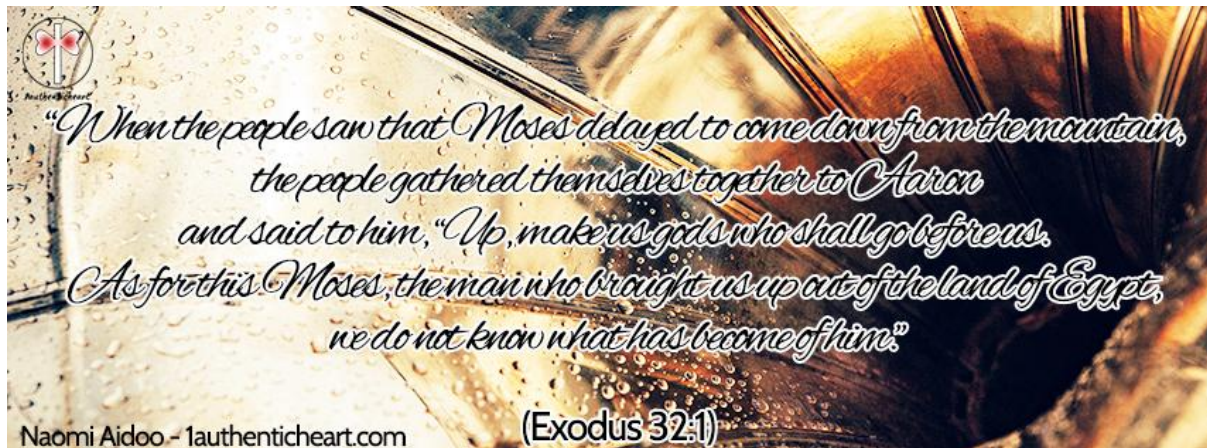
He joined in with the crowd, taunting Jesus. Perhaps not even being fully aware of what he was saying or doing, but following the crowd nonetheless. It was the easy thing to do. He was going to die anyway, right? So why not soften the blow of his final moments? More than that, he was angry, and why wouldn't he be? I mean, this was allegedly the son of God seemingly, powerless in the face of death.

But if Jesus were so apparently powerless, what did the other criminal see in Jesus which made him rebuke his fellow felon? (Luke 23:40) By all appearances, the kingdom was finished and there was nothing left to live for. However, this other man knew that to follow the crowd at this moment would not be a wise move. The result? Jesus told the



repentant offender that he would “be with him in paradise”. (Luke 23:43) We don’t hear anything more about the other miscreant, though.

It can be so easy to follow the crowd, sometimes without even realising what we’re doing. It’s even easier to get angry at God occasionally. Especially in the face of the atrocities happening worldwide. But where will any of that lead us eventually?



Exodus 32 is an interesting passage, and in some ways, I really feel for Aaron here. He is left by Moses to deal with a crowd of people who have been in captivity for years. Of course, Moses at this point, was talking to God. He had his priorities in place and recognised that this took precedence over dealing with the impatience of the people he was leading. (I think I would have been so nervous about leaving the crowd waiting for so long that I would have tried to rush back down... a definite sign of people pleasing over God pleasing!) But that didn’t mean Aaron was now in control of an obedient, patiently waiting crowd, quite the opposite, in fact!

Here, in verse one, Aaron is left with two options in the face of the angry crowd! The first would be to say ‘no, making idols is wrong, let’s just wait for Moses...’ But the easier option was definitely what he ended up doing. Later, though, we recognise just how dangerous this occasion of people pleasing may well have been.

Verses 7 – 13 of Exodus 32 document Moses reasoning with God and pleading with Him not to bring disaster to these people who have just disregarded and disobeyed Him as a result of their idol making and worshipping. Moses even reminds God of His promises to Abraham and then we read the reassuring and grace-filled words of verse 14.

*“And the Lord relented from the disaster that he had spoken of bringing on his people.”*

(Exodus 32:14)



## Action Step

It is so freeing to let go of people pleasing! As you think about recent ways in which you might have decided to 'please the crowd' over pleasing God, come before Him in repentance, recognising that He is gracious and willing & able to forgive. Don't hold it any longer!

*Use your favourite journal or a notebook to make a note of your response to this.)*

God is gracious, and in spite of the people pleasing endeavours of Aaron and the impatience of man, He prevents disaster being their fate. The same can of course be said for us. I know that there are countless times when I have allowed people pleasing to have the final say and not the Word and promises of God - In life, in business and beyond. However, when we come before God in repentance and recognition of where we've missed the mark, He is just and able to forgive us.

## Praise Break

As we close this module, It's time for another praise break and so, as you soak in the goodness of God and your chosen state in His sight, close the door, raise your hands, dance around - whatever worship looks like to you - take a quick praise break and listen to [this wonderful song](#).

*"Oh restless heart, do not grow weary, hold onto faith and wait, the God of love, He will not tarry, no He is never late."*

In the face of wanting to do and be everything for everyone, trust the God who knows what's best for you. He is in control, not the demands of everyone and everything else. Rest in Him awhile and check who's channeling your choices this week and beyond.

Lovely, you are chosen.

See you on the next (and final!) leg of the journey - I can't wait!