**THE BEST YES – Session 5 – Part 2**

**When I alter my Best Yes decisions**

**Because I’m too afraid to disappoint someone,**

**It just wears me out.**

**Saying yes all the time won’t make me Wonder Woman.**

**It will make me a worn-out woman.**

Review pages 130 through 135 from last week. We talked about the “disease to please.” And we discussed some of the reasons we say yes even if it’s not what God wants us to do.

**Read question #5 on page 136.** Take a minute to reflect on the words of Jesus.

What are some thoughts about people pleasing that come to mind?

In your own people pleasing, how would you describe the roles you tend to play? For example, the nice neighbor, the good daughter, the sacrificial friend, the responsible employee.

* *From Sheri:* I answered this question, most of the above and add to it the good wife and loving grandma.

If anyone has a response to the other bullet points under question 5, please add them!

**Read question #6 on page 137**: pay special attention to the quote by Dallas Willard and compare with the Proverbs 29:25 verse.

How would you describe the trap of people pleasing, and the safety of trusting the LORD?

Many people pleasing behaviors are misguided attempts to address a legitimate unmet need: for recognition, approval, love, etc. How does it impact you to think that you might essentially be asking God to stand aside while you seek to meet your own needs?

Any additional insights or experiences this past week that reflect our lesson?

**The Personal Studies for Lesson 5 begin on page 145 of your study book.** Please pick one of the studies and share on this page anything that strikes a cord in your heart. The blessing of using a web page like this is that we are not limited to conversation in an hour, but can log in all through our week and read what other group members are doing and add our own voice! What a great gift of continuing encouragement during this uncertain and out-of-the-ordinary time.

**Update Your Prayer Blessings and Requests Here for Others to Read:**