

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Release

- **Leader shares:** Release is about letting go of the need for approval, validation, or acceptance from others and learning to trust God with our worth. It is natural to want to feel seen, appreciated, and affirmed, but when we depend on those things to feel secure, we can become discouraged when they do not come. God invites us to release the pressure of proving ourselves and remember that our identity is already secure in Him. Release does not mean we stop valuing relationships or encouragement. It means we do not allow someone else's opinion to determine our worth or peace.
- **Group shares:** Is there a person, relationship, or area of your life where you find yourself seeking approval or validation? How does it affect you when you do not receive it?
- **Acknowledge:** THANK YOU for sharing!

Verse: Galatians 1:10 (NIV) – “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.”

- **Leader shares:** Paul reminds us that the desire for approval can sometimes become more important than we realize. Wanting encouragement and acceptance is normal, but our peace does not have to depend on whether others give it to us. God offers a steady source of love and acceptance that is not based on another person's opinion. We may not always receive the affirmation, acknowledgment, or response we hoped for, but we can still move forward with peace, trusting that God sees us fully and knows our hearts.
- **Group shares:** Have you ever spent a lot of time hoping for someone's approval and later realized it did not bring the peace you expected?
- **Acknowledge:** THANK YOU for sharing!

10 Ways to Practice Release

1. Notice whose approval feels especially important to you and consider why.
2. Pray honestly about the validation or acceptance you wish you had received.
3. Remind yourself that another person's opinion does not determine your God-given worth.
4. Read Scripture that reinforces your identity and value in God.
5. Notice when you are changing yourself mainly to gain acceptance.
6. Practice making healthy decisions without needing everyone to agree.
7. Accept that some people may not be able to give you the affirmation you hoped for.
8. Set healthy boundaries in relationships where you feel pressure to prove yourself.

9. Receive encouragement from others with gratitude without depending on it for your confidence.
10. Give your need for approval to God and ask Him to help you rest in His love.

Prompt Question: Which of these ways to practice release speaks to you the most? Is there something you feel ready to place in God's hands?

Acknowledge: THANK YOU for sharing!

- **Leader shares:** Release does not mean we stop caring what people think. It means their opinions no longer have to control our peace. We may still feel disappointed when someone does not understand, affirm, or appreciate us, and those feelings are valid. But we do not have to stay dependent on receiving that approval. God sees what others may overlook, understands our hearts, and knows our full story. Release is choosing to place the opinions and expectations of others in God's hands and finding greater freedom in His steady love.
- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we conclude our group meeting, I encourage everyone to share any additional thoughts on your mind, or to request prayer.
- **Stay connected:** imperfectpaths.com

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