

# HOW TO STOP Worrying About What People Think

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## THE 5 Gs

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**RLC**  
REVIVE LA CHURCH

# INTRODUCTION

## The Benefits of the 5Gs

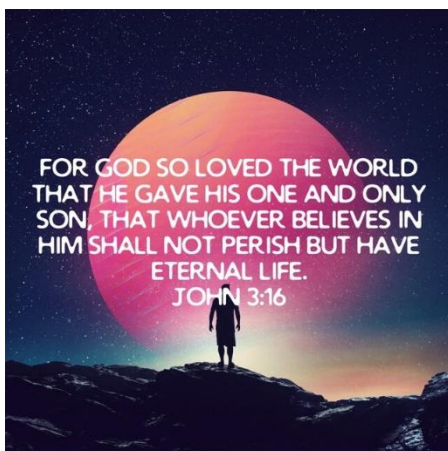
According to Verizon, the importance of 5G technology in the world is “*improving accessibility, extending the reach of mobile broadband, and improving safety, health and security.*”

In the same way the 5G's are important for technology, there are 5G's that are essential to your spiritual being. As you stop worrying about what people think, you should see an improvement in YOUR safety, health, and your insecurity.

When we worry, we often get less sleep, become sick more often, and tend to make poor decisions because of worry. This does not have to be you. As a Christian, you have a powerful Creator on your side. He is bigger than you, and he can help you overcome anxiety through the power of the Holy Spirit.

It is not easy to let go of what people think of you. It takes practice, but you can do it. Jesus died to set you free so that you can live life to the fullest (John 10:10).

***Try these practical steps to stop worrying about what people think.***



# 1. GET OVER YOURSELF

If you are a Christian, the moment you turned your life over to Jesus, you became a new creation. The old self is in the past! You are a new person in Christ. *You are no longer defined by the shame, fear, or struggles of the past.* Because we are human, it is not easy to let go of the way we have defined ourselves and the way others have defined us. Bad habits are hard to break, but it's one hundred percent possible to break them.

## **2 Corinthians 5:17 ESV**

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Take heart that because you are a new creation, Jesus lives in you and you are not alone. Have faith in Jesus; Scripture tells us he loved us (AND YOU) so much that he sacrificed His life so that you could live free.

## **Galatians 2:20**

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

One last thing about "Getting over Yourself". Severe worry is often a cycle of thinking about self too much. As you break the cycle, try doing something for someone else. Put your interest in someone else, whether it is making dinner, serving at a church, volunteering, having a good attitude behind the counter at the store, calling a relative to see how they are doing, etc. Get the picture? We feel so much better when we are helping someone. This doesn't mean staying in a bad relationship or being around people that are bad for you. What it means is that helping others gets our mind off worrying.

## **Phil. 2:3-4**

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.

## SUMMARY POINT

*-Get over yourself means you are a new creation in Christ, the old you is in the past and Jesus lives within you. Help others so that you can think less of yourself.*

### Let Us Pray:

Heavenly Father, thank you for sending your one and only Son to die for me so that I can live free. Knowing that the Holy Spirit lives in me, help me embrace my relationship with Him since I am a new creation. Help me think of ways that I can be of service and help others so that I can get my mind away from thinking too much about worry and what others think. In Your name,

**AMEN.**



LOVE GOD  
LOVE PEOPLE

## 2. GET Regular Renewal

Social media can feed our obsession with what others think of us. In the online world, the spirit of darkness is rampant. The media feeds people's hunger for success, money, career, and fashion, while social media tempts us to focus on our desire to get likes, comments, and clicks. I passionately believe that the online world is a tool of evil to take people down. Relying on the world is a risky way of living life. Without a spiritual life and relationship with God, we are left with looking to others for approval. But human opinion is a shaky foundation because people will always let you down.

Therefore, we need to renew our minds with the Word of God. Now more than ever, we have access via the internet to the Bible online, devotionals, sermons, lessons etc. At the same time, our society is becoming less literate when it comes to the Bible.

It only takes about twenty to thirty minutes to listen to an online sermon. I make a habit of listening to a sermon almost every day, sometimes before I even get up in the morning. When I am feeling empty, I place my phone next to me while I'm lying down to listen to an inspiring preacher.

There are plenty of websites and devotionals to sign up where you can get a lesson everyday directly by email, a scripture message for the day. Of course you can read the Bible on an app or the Book itself.

By renewing your mind with the Word of God, you will maintain a healthy balance between the world and what actions you take in your daily life. You will change your perspective on what to buy, who are your friends, purpose, discernment and so much more. It is almost unexplainable how the beautiful guidance of our Savior fills our hearts and mind through the Holy Spirit when we regularly renew our mind.

## **Romans 12:2 ESV**

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

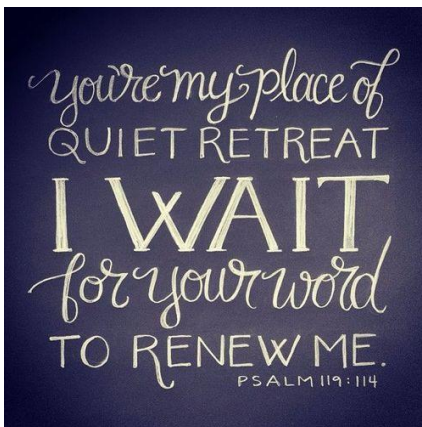
### **SUMMARY POINT**

– *Transform your mind by meditating and studying the Word of God. Do not let the world bring you down. Take time to refresh and renew.*

### **Let us Pray**

Our Father, who art in Heaven, thank you for the relationship I have with you. Please help me to continue to spend time in Your Word so that I'm not guided by a world that doesn't include you. I pray that your will is done and not mine. By renewing my mind with You, I don't need to worry about what other people think. In Your Holy precious name,

**AMEN**





## 3. GET INTO ACTION

Get busy. Work on something that has been hanging over you. Make a little progress. However, be careful not to spend too much time on the task to the point that frustration sets in when you cannot complete it all at one time. Maybe you need to take a break. You might have to get to work on something that is bothering you, finally making progress. Or sometimes you need the opposite: taking time to rest and recalculate your purpose and service. Either way, it is time to get busy towards the purpose God has given us.

When we are busy, our minds are less likely to stray into worry about what others think. Recognize that God has gifted you with unique talents and abilities to use in his body. Consider the fact that God has created you uniquely for his glory. You belong in his body because HE thought you were capable of performing a role. As you throw yourself into service in his body, you become less obsessed with worrying what others think. You know what God thinks of you—and that is the most important thing.

### **Romans 12:6-8 ESV**

Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

### **SUMMARY POINT**

– *Serving others can help us see ourselves as God sees us. It's time to get busy and use the gifts he has given.*

#### **Let us Pray**

Lord, thank you for giving me gifts and talents that I can use in your body. Help me to let go of my worry about what others think. Help me to remember what YOU think: you think I am good at teaching, serving, giving, leading, or showing love to others. Help me to get busy and use that talent for your glory. Help me to find fulfillment in a purposeful life of service. In Jesus' name,

**Amen.**

## 4. GET INTO FELLOWSHIP

A critical part of our walk with God is spending time with other believers. You might think that the more time you spend around others, the more you will worry about what they think. But in reality, true Christian fellowship does just the opposite.

When we get to know others, we realize that we are all more alike than we thought. Others have struggles as well. We don't need to worry about what people think of our mistakes and foibles. We realize that everyone has their strengths and weaknesses.

As a body, we complement each other. One person is creative, and another is practical. Some people are good at fixing cars, others are good at leading, and others are good at creating audiovisual material. One person's strength can fill in for another person's weak points.

As you see yourself in context of the body of Christ, you realize that you are important—and so is everyone else. Each person brings an important contribution to the body of Christ. This realization helps you understand that you are not defined by what others think of you—you are what God thinks of you and by your contribution to the community of believers.

### **Hebrews 10:25**

Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

In Christ's body, you have a role to play. Encourage others in the body of Christ to see their unique gifts and use them for his glory.

### **1 Thessalonians 5:11 ESV**

Therefore, encourage one another and build one another up, just as you are doing.

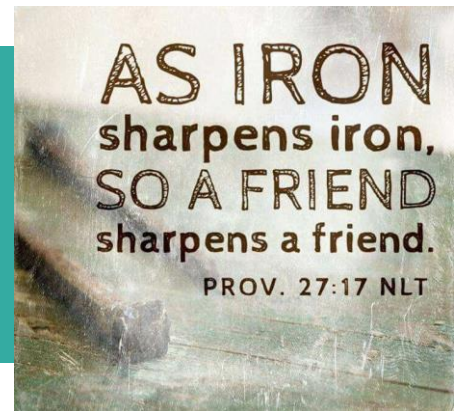


## SUMMARY POINT

– *True community provides unconditional love that points us to the unconditional love of God. Fellow believers can remind us that our worth comes from God, not from other people.*

### Let us Pray

Lord, thank you for the body of Christ. Thanks for my friends in Christ who help me see myself as you see me. Help me to help others understand their gifts and their worth to you, as well. Help me to understand my importance in the body of Christ. In Jesus' name,  
**Amen.**



# 5. GET FAMILIAR WITH WHO YOU ARE IN CHRIST

God created you as a unique and treasured person. You are his masterpiece, created specifically for unique good works. He has prepared these good works just for you. Only you can fill the role that God has given you.

Your identity comes from God. You are chosen, called, and treasured by him (Ephesians 1:4). You are complete in him (Colossians 2:10).

When you compare yourself to others, you are tempted to see the ways that you fall short. You wonder if you have a role to fill. When you fail, you wonder what others think of your shortcomings. But as you focus on your God-given identity and purpose, you will experience joy and fulfillment in your walk with Christ. Friends and fellow believers can play a vital role in helping you understand your value and worth. They can help you look in the mirror of God's love, noticing your strengths and giftings. They can guide you towards the gifts that God has given you.

## **Ephesians 2:10 ESV**

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

## **1 Peter 4:10**

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

## SUMMARY POINT

– *First and foremost, your identity comes from God—  
not from what people think of you.*

### Let us Pray

Lord, thank you for choosing me and saving me from sin. My greatest source of identity is what you think of me. You have given me a unique purpose and calling in this world. Please help me to understand your love for me and share it with others. In Jesus' name,

**AMEN**

## FINALLY, JESUS LOVES YOU.

He created you, treasures you, chose you, and calls you. As you live in harmony with him and his community, you will experience fulfillment—no matter what others may think.



Pastor Joe is a veteran of the US Marine Corps. After serving in the military, he became CEO of his own company for over 20 years and earned an MBA at Pepperdine University. Currently, he is the Director of Operations at Clare | Matrix, an inpatient and outpatient recovery non-profit group. In recovery himself, Joe, a servant leader, is passionate about helping and being of service to others who share the same struggle in sobriety. His recovery journey led him into a deeper, and more rewarding relationship with God through Jesus Christ, and his life has never been the same!