



The Approval Trap: living to keep people happy

Women's Day

at St John's Wimborne

with guest speaker Nicola Eggertsen

Saturday 9 May 2026

9.30am - 4pm

Timetable for the day

- 9.30am** Doors open, registration, drinks available
- 10.00am** **Welcome and Worship**
Session One:
People pleasing and worship
- 11.15am** Coffee and cookie break
- 11.45am** Session Two:
People pleasing through the story of scripture
- 12.45pm** Lunch provided in the Church Hall
- 1.45pm** **Worship**
Session 3:
People pleasing and the heart
- 3.00pm** Q&A Session
- 3.45pm** **Prayers and Thank You's**

Nicola Eggertsen



We are delighted to welcome Nicola as our speaker this year.

Nicola works for Biblical Counselling UK (BCUK) in Training and Resources and is a tutor and grader for their certificate course. She has a “Soul Care” practice that she runs from Trowbridge where she lives with her husband Jake and their three girls.

She is a Lay Pastoral Assistant at her church and involved in ministry alongside Jake who is the rector of St James’ Trowbridge and former member of St John’s Wimborne! Although she began her professional life in teaching English in secondary schools, she retrained with *BCUK*, *Christian Trauma Healing Network*, and more recently, *The Association of Biblical Counsellors*.

We are very grateful for Nicola’s willingness to join us for today’s Women’s Day and for all the time she has spent preparing for today.

The Approval Trap

What's wrong with people pleasing?

In the Bible we read “each of us should please our neighbours” (Romans 15:2), “look to the interests of others” (Philippians 2:4) and “try to please everyone in every way” (1 Corinthians 10:33). So how do we square this with scripture's call “not to please man, but to please God who tests our hearts” (1 Thessalonians 2:4)?

Together we will consider our need to please the people around us, how this connects to our worship of God, and how, in Christ, we can serve others freely and joyfully.



Session One

People pleasing and worship

Part 1: The problem of people pleasing

Part 2: Portraits of people pleasing

Part 3: The sponge and the fig



Session Two

People pleasing through the story of scripture

Part 1: Whistle stop tour from Genesis to Revelation

Creation: Genesis 2:20-25

Fall: Genesis 3

Covenant: Genesis 12

Law: Exodus 20

Prophets: Isaiah 30:11-12

Christ: Mark 11

Church: 2 Corinthians 10:18, 1 Thessalonians 2:4, Romans 15:2,

Philippians 2:3-4

Consummation: Revelation 7:9-10

Part 2: What this means for our relationships

Part 3: Love and humility in action

Session Three

People pleasing and the heart

Part 1: Model of change



Situation



Response



Heart



The Lord

Part 2: Have a go!

Part 3: Responding

Do take a few moments to browse through the books supplied
by **Keith Jones Christian Bookshop**
including the following

Book Recommendations

Fearing Others: Putting God First - 31 Day Devotional
by Zach Schlegel

When People are Big and God is Small by Ed Welch

There are also books on a range of other current issues as well as
a selection of Christian cards and gifts.



Our thanks go to everyone who has contributed to today's event.
May God bless us all with his goodness and love.