If you are always depending on others for their approval and your self-worth, and counting on somebody else to make you happy, you will become needy and a burden. If you are basing your value on how people treat you or what they give you, then when they don't measure up to what you expect, you are going to feel devalued. But when you go to God for approval and value, nobody can take that away. You are a child of the Most High God, and He has already approved you. That is where you get your value.

The apostle Paul said he was "self-sufficient in Christ's sufficiency". When we know that the God who created the Universe lives in us, that He has equipped and empowered us, and that He approves us, then we don't need other people's approval. God handpicked you, He breathed life into you, and He put seeds of greatness inside you.

Philippians 4:13 "I can do all this through Him who gives me strength."