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⁴⁸ But you are to be perfect, even as your Father in heaven is perfect.
Matthew 5:48 (NLT2)

Three Types of Perfectionists

- _____-oriented Perfectionist: You hold unrealistically high expectations of yourself and battle with feelings of guilt, often obsessing to the point of inefficiency. You're prone to procrastinate and struggle with deep feelings of inadequacy.
- _____-oriented Perfectionist: You believe others expect you to be perfect. To cope with the pressure, you often use self-deprecating humor as a defense. You often feel alone, depressed, and desperate because you know you will never be enough.
- _____-oriented Perfectionist: You expect others to live up to your impossible standards. Because you tend to lack empathy, you often tear others down or use abrasive and demeaning humor toward those who don't meet your standards.

The Spiritual Side of Perfectionism

²⁰ For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are.
Romans 3:20 (NLT2)

²² We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.
Romans 3:22 (NLT2)

Perfectionism

What I do
About me
If I obey, God will love me
Winning God's approval

Grace

What Jesus has done
About Jesus
Because God loves, I can
obey
Living from God's approval

Because the Pressure is Off

- Choose _____ over perfection.

⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details!" ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."
Luke 10:41-42 (NLT2)

- Choose perfect _____ over perfect performance.

⁴³ "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' ⁴⁴ But I say to you, Love your enemies and pray for those who persecute you.... ⁴⁶ For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? ⁴⁷ And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? ⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.
Matthew 5:43-44, 46-48 (NRSV)

"By perfection I mean the humble, gentle, patient love of God and our neighbor, ruling our tempers, words, and actions."
John Wesley

My Next Step Is To...

- Memorize and/or meditate on Romans 3:22
- Focus on Christ and the work He's doing in my life rather than on my own desire to make myself better in my own strength.
- Prioritize giving love and grace to those around me rather than pursuing perfectionism.
- Invite Jesus into my life, giving Him full control.