

Give Up Perfectionism

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Question: What is your immediate reaction to someone who declares they are perfect?

Perfectionism is the belief that perfection is attainable and anything less is rejected.

Questions: Where does perfectionism show up in our society? Where have you experienced it? Sports? Music?

The two ditches on the road of perfectionism are either being highly critical or procrastination.

Question: What examples can you give with these two results of perfectionism?

Giving up perfectionism:

- 1. Quit comparing with high achievers.**
- 2. Identity the hidden payoff**
Questions: What can be gained from trying to be a perfectionist? What might be a reason you struggle with?
- 3. Let go of the “all-or-nothing” mindset.**

Success is not final, failure is not fatal, it is the courage to continue that counts.

Winston Churchill

- 4. Brokenness**

Read Matthew 5:47-48; Matthew 6:9-12; 1 John 1:8

The Old Testament is the record of humanity that regardless of how hard we try to be perfect, we always come up short.

Read Matthew 5:20

Question: When have you come to the point of choosing “Do I give up? Do I fake it? Do I admit it?”

When you are ready to admit you can’t do it, you exit the road of perfectionism and you hop on the road less traveled of brokenness.

Read Matthew 26:39

Questions: What does it look like for you to choose brokenness? Why is it so difficult for us to admit our sins and shortcomings to God? What fears can you identify when you think of confessing your sins to someone else?