

PERFECTIONISM

Matthew 5:48

Life on the Treadmill Week 3

*“Be perfect, therefore, as your heavenly Father is perfect.” Matthew 5:48 NIV*

THREE TYPES OF PERFECTIONISTS:

- \_\_\_\_\_-oriented Perfectionist
- \_\_\_\_\_-oriented Perfectionist
- \_\_\_\_\_-oriented Perfectionist

THE SPIRITUAL SIDE OF PERFECTIONISM:

*“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 NLT*

Perfectionism

What I do

About me

If I obey, God will love me

Winning God’s approval

Grace

What Jesus has done

About Jesus

God loves, I want to obey

Living from God’s approval

BECAUSE THE PRESSURE IS OFF:

- Choose \_\_\_\_\_ over perfection.
- Choose \_\_\_\_\_ love over \_\_\_\_\_ performance.

Deeper Thought & Life Application

- How can we focus on Christ and the work He’s doing in our lives rather than on our desire to make ourselves better on our own?
- Look for ways to prioritize giving love and grace to those around you this week rather than pursuing perfectionism.