

Perfectionism:

Trying to prove my worth by being perfect.

"You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish." Gal. 3:3 (NCV)

## LIBERATING GRACE Good News About Grace - part 4

### How Perfectionism Harms

- It Defeats My Initiative

"If you wait for perfect conditions, you'll never get anything done." Eccl. 11:4 (LB)

- It Damages My Relationships

"Love forgets mistakes; nagging about them parts the best of friends." Prov. 17:9 (LB)

- It Destroys My Happiness

"Do not be excessively righteous and do not be overly wise. Why should you ruin yourself?" Eccl. 7:16 (NAS)

### HOW TO R.E.L.A.X. IN GOD'S GRACE

#### Realize Nobody's Perfect

"Nothing is perfect except God's Word." Ps. 119:96 (LB)

"There is no one on earth who does what is right all the time and never makes a mistake." Eccl. 7:20 (GN)

#### Enjoy God's Unconditional Love

"See how very much our Heavenly Father loves us, for He allows us to be called his children - think of it - and we really are!" 1 John 3:1 (LB)

"If God is for us, who can be against us?" Rom. 8:31 (NIV)

#### Let God Handle Things

"Cast all your anxiety on him because he cares for you." 1 Pet. 5:7(NIV)

"A relaxed attitude lengthens a man's life." Prov. 14:30 (LB)

#### Act In Faith Not Fear

"For it is by grace you have been saved, through faith..." Eph. 2:8 (NIV)

"So then, just as you have received Christ Jesus as Lord, continue to live in Him." Col. 2:6 (NIV)

#### eXchange My Perfectionism For God's Peace

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matt. 11:28-29 (Mes)

"Be careful that no one fails to receive God's grace..." Heb. 12:15 (NCV)