

3 Types of Perfectionists:

- Self-formulated Perfectionist
- Externally-felt Perfectionist
- Others-focused Perfectionist

Matthew 5:48 NLT

But you are to be perfect, even as your Father in heaven is perfect.

Perfection: To be complete and without defect or blemish, precisely accurate and exact

Romans 3:20-23 NLT

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. But now God has shown us a way to be made right with him without keeping the requirements of the law, as was promised in the writings of Moses and the prophets long ago. 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.

For everyone has sinned; we all fall short of God's glorious standard.

The pursuit of Perfection is the enemy of Grace!

Colossians 3:23 GNT

Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people.

How do I keep perfectionism in check?

If you are beating yourself up: Live from God's approval, not for God's approval

Romans 3:24 GWT

They receive God's approval freely by an act of his kindness through the price Christ Jesus paid to set us free

If you are holding others to impossible standards: Choose people over perfection

Romans 13:8 ESV

Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.

If you feel the weight from others: Choose perfect love over perfect performance

1 John 4:18 NLT

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

If you are a human who's ever messed up: Choose what Jesus did, not what you're doing

Matthew 5:17 ESV

Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.

Ephesians 2:8-9 NLT

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God.

Salvation is not a reward for the good things we have done, so none of us can boast about it.