

June 26th - July 2nd

Mind Games pt. 2: Embracing Imperfection

In this lesson you will learn three ways to let go of perfectionism.

Intro: It is vitally important for all of us to get our minds and our emotions healthy. There is a wide spectrum of thoughts that we all struggle with that are not from God. We all deal with thought patterns that could be holding us back from; joy, peace, love, kindness, forgiveness, and compassion. It is not just thoughts of depression and suicide that are that are a problem for us. There is also a constant voice in our heads berating us about all of our little imperfections. It is time for us to break free from the defeating mindset of perfectionism.

I. I am Not Perfect

- A. The definition of perfect means; to be entirely without fault or defect, never wrong. Rom 3:23 says that all of us have sinned and fallen short of the glory of God. No one has a perfect track record or has always hit the bull's eye. Trying to pertain perfection only causes more stress and discontentment with yourself. Even if you are a recovering perfectionist, start learning to embrace your imperfections. The sooner you do this, the better off you'll be in your mind.

II. He is Perfect

- A. Psalm 18:30- declares as for God his way is perfect. Another psalm says that the law of the lord is perfect. The apostle Peter says that he is the perfect, spotless lamb. The prophet Isaiah calls him wonderful and prince of peace. He lived the perfect, sinless life for all of us so that we could find acceptance with God. Pilate examined him at his court and could find no fault in him. His perfection, wonder, and glory are so astounding that no man can see him and live. He was the only perfect sacrifice God could accept for our sins.

III. I am Perfected in Christ

- A. The definition of perfected means; to bring to a finish, to bring to a completion without defects. Matt 5:48- says we are to be perfect like he is perfect. The only way to get there is through grace. This happens through the cross. Jesus paid the price for your imperfections, your defects, your faults. You may not have perfect performance or perfect behavior. Your beliefs do put you in a perfect relationship with your Savior Jesus Christ. Your beliefs in God and about God put you in a perfect of fellowship with Him. We serve a perfect God who is perfecting us as we draw closer to him.

Discussion Questions

1. Have you ever struggled with perfectionism?
2. Have you doubted his perfect love and grace for you?
3. Are you striving for perfect behavior, or resting in his perfect grace?