

What is perfectionism?

- Being afraid of brokenness
- The disordered desire for righteousness and perfection apart from Christ
- A multifaceted hurdle

Study after study has shown that perfectionism is a largely female issue, one that extends through women's entire lives.

Psychological Determinism: Your worldview internalizing the idea that you can do it all on your own.

Fruit of Perfectionism:

- The Veneer - an untrue image of one's self that will always lead to discontentment and insecurity.
- Dysfunctional Worship - spiritual validation & celebration found in the things we do and achieve, rather in Christ.
- Self Deception - when conscience is hardened, there's more and more separations between where someone is and the power of the Cross that can transform their brokenness.
- Lack of Integrity - loyalty to one's self increases willingness to deceive people, even if the intention isn't overtly there.
- Escapism - feeling the need to find relief from the stress of the pursuit of perfection.

The root issue is our unwillingness to trust God.

- Genesis 3 (humanity's tendency to hide real problems by masking ourselves - a.k.a. fig leaves)
- Childhood influences
- Cultural (social and religious; God desires intimacy with us (Micah 6:8))

Mortification ("Pulling the Weeds")

Habitually putting to death those things that rob our affections for Christ and hinder us from living out his kingdom purposes, hinder us from living out the greatest command, which is to love God with all your heart, mind, soul, and strength and to love your neighbor as yourself. (Romans 8:12-15 and Colossians 3:5-12)

Vivification ("Feeding the Garden")

The filling of ourselves with those things that stir our affections for Christ and enable us to live out his kingdom purposes. (1 Corinthians 6:11, Ephesians 3:16-18)

Your Garden

- Some weeds come out easier than others (some need rain from above to soften the ground or else you just pull off the tops) - the Holy Spirit - (Ezekiel 36:26, Jeremiah 24:7, Colossians 2:6-7)
- Some weeds look like flowers (Isaiah 55:8-9, Proverbs 3:5-6, John 7:24)
- Mowing over (Jeremiah 6:14, 1 John 1:8, Isaiah 29:15-16)
- Covering up (Genesis 3, Jeremiah 23:24, Jeremiah 16:17)
- Impatience. Growth happens at God's speed. Fertilizers sometimes do more harm than good - events, apart from the work of the Holy Spirit can get us really excited, but we need lasting change (Psalm 27:14, Ecclesiastes 3:11, Lamentations, 3:25-26)
- Laziness and not providing our gardens nutrients (Colossians 3:17, Proverbs 24:30-34, Proverbs 20:13)
- Pride and idolatry (Jeremiah 2:13, Isaiah 45:20, Psalm 16:4)

Where to go from here...

- Pray about your mortification & vivification - do you understand your sinful nature? What stirs and harms your affections for God?
- Continue digging through the scriptures. What clicks? What doesn't? Are the truths in the Bible your truths?
- Get Spirit-led help (trusted friend, mentor, licensed therapy, Spiritual Discovery)

Matthew 5:48 ("perfect" = "telios" = "complete" = finding completion in Christ)

"You, therefore, will be perfect [growing into spiritual maturity both in mind and character, actively integrating godly values into your daily life], as your heavenly Father is perfect."