



Perfection

Introduction

What really makes for a happy life? A new job, a bigger house, or a different relationship? If you're hungry for the next big thing but frustrated when it doesn't satisfy, you might be looking in all the wrong places.

Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

Practice Truth

1. What situations bring out your inner perfectionist?
2. Why do you think people struggle with unrealistic expectations for themselves?
3. There are three types of perfectionism: self-oriented, externally-oriented, and others-oriented. When was the last time you struggled with one of these kinds of perfectionism? How did the struggle make you feel?
4. 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?
5. How can we prioritize loving others over chasing perfection this week?

Leader's Tip

Ask open ended questions. If you've been provided questions and they are not open-ended, rewrite them! Try not to ask any "Yes" or "No" questions.

Do Life Together

Look for ways to prioritize giving love and grace to those around you this week rather than pursuing perfectionism. Note: the one who needs the most love and grace this week might just be yourself!