



## ELUSIVE WEEK 3 - PERFECTIONISM

### SCRIPTURE:

Romans 3:20, 22, Luke 10:41-42 NLT, Matthew 5:43-44, 46-48 NIV, 1 John 4:18 NIV

### DISCUSSION QUESTIONS:

1. What situations bring out your inner perfectionist?
2. Why do you think people struggle with unrealistic expectations for themselves?
3. Wayne said there are three types of perfectionism: self-oriented, externally-oriented, and others-oriented. (details below) When was the last time you struggled with one of these kinds of perfectionism? How did the struggle make you feel?
4. Read Romans 3:20-22. Why might it be difficult to accept that we are perfected, not through our own efforts, but through our faith in Christ?
5. How can you remember this week the forgiveness and sacrifice Jesus made for us, once and for all, rather than on our desire to make ourselves better on our own?
6. What is one way you can extend the love and grace Jesus gives to the people in our lives this week?

### NEXT STEPS:

Look for ways to prioritize giving love and grace to those around you this week rather than pursuing perfectionism.

**BOOK RECOMMENDATION:** *How Good is Good Enough* by Andy Stanley

#### THREE TYPES OF PERFECTIONISTS

- Self-oriented perfectionist—You hold unrealistically high expectations of yourself and battle with feelings of guilt, often obsessing to the point of inefficiency. You're prone to procrastinate and struggle with deep feelings of inadequacy.
- Externally-oriented perfectionist—You believe others expect you to be perfect. To cope with the pressure, you often use self-deprecating humor as a defense. You often feel alone, depressed and desperate because you know you will never be enough.
- Others-oriented perfectionist—You expect others to live up to your impossible standards. Because you tend to lack empathy, you often tear others down or use abrasive and demeaning humor toward those who don't meet your standards.