

## Thoughts on Perfectionism, Self-Worth, and Our Identity in Christ. *Self Worth = Performance + Other People's Opinions*

**per·fec·tion·ism** : A propensity for being displeased with anything that is not perfect or does not meet extremely high standards.

The performance trap (perfectionism) –

*"I must meet certain standards to feel good about myself."*

Identify the Lie:

- Comes from the fear of failure
- Characteristics of a perfectionist:
  - Maximize negatives and Minimize positives(dot syndrome)
  - Black and white thinking: all good or all bad
  - High and unrealistic expectations
  - Mood swings
  - Defensive to criticism
  - Develop a "have to" mentality
  - Gravitate toward positions of control (Skate park tour)
  - Appear as highly motivated, but this motivation comes from a desperate attempt to avoid the low-self esteem feeling that they experience when they fail
  - Develop a personal set of rules to deal with life situations
  - "I just like to see things done well!"
  - Failure is a threat and completely unacceptable (Fear of failure is debilitating)
  - Avoidance of risks
  - Anger and Resentment
  - Lay down things they love because they can't be as good as they think they should be. (Football)
  - Many times it is not having to be the best at something, merely a feeling of being better than average offers emotional stability

Align with God's Truth

- Justification : Sins are forgotten and paid for
- Romans 5:1 By faith we have been made acceptable to God. And now, because of our Lord Jesus Christ, we live at peace with God.
- Isaiah 64:6 We are unfit to worship you; each of our good deeds is merely a filthy rag. We dry up like leaves; our sins are storm winds sweeping us away.
- Matthew 11:28-30 If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest. This yoke is easy to bear, and this burden is light.
- Savor the positive, be kind to yourself, know that God likes you, don't let your self esteem rule you

Approval addict –

*"I must be approved by certain others to feel good about myself."*

Identify the Lie

- Comes from the fear of rejection, and a critical spirit (origin of man)
- Any type of criticism results in depression
- Constantly consumed with what others are thinking of their actions (project ideas onto people around us)
- Critical of others
- Withdraw and decline most everything or say yes to everyone hoping to gain their approval
- Compliments are received but hold little weight compared to a single negative comment
- Shy and unsociable
- Avoid certain people

Align with God's truth

- Reconciliation : Relationship with God
- Galatians 1:10 favor of men or of god (favor of godly men or of god?)
- 1 John 2 15-17 Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world--the cravings of sinful man, the lust of his eyes and the boasting of what he has and does--comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever.
- 1 Corinthians 1:26-30 Brothers, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. He chose the lowly things of this world and the despised things -- and the things that are not -- to nullify the things that are, so that no one may boast before him. It is because of him that you are in Christ Jesus, who has become for us wisdom from God--that is, our righteousness, holiness and redemption.
- success or failure can not be the basis for your self-worth

**Negative:** Our emotions and sense of security become dependent on our abilities to succeed and please others. We are trapped in this hopeless lifestyle which leads to loneliness and depression

**Positive:** God made me this way, he loves me and likes me. I'm trying my best, I love what I'm doing, I'm not intentionally screwing up, and God loves it. (Jalen singing)

It would be nice to be approved by others, but if they don't I am still loved and accepted by God." This brings security and freedom

**Our identity is secure and unchanged (despite failures, successes, people's approval or lack of it) in Jesus**

**It is because of him that you are in Christ Jesus, who has become for us wisdom from God--that is, our righteousness, holiness and redemption.**