

Right Living Lesson #15



Thou Shalt Be Perfect

Overcoming the Spirit of Perfection



Thou Shalt Be Perfect

DO YOU...

- Want to belong and need to belong.
- Have any unresolved issues from your childhood.
- Feel like something is missing in your life but do not know what.
- Are you incredibly competent in some aspects of your life, but fear vulnerability in others.
- Suffer from depression.
- Feel bad when you express anger.
- Beat yourself up when you make a mistake.
- Lack Trust, either in yourself or in others.
- Suffer from the “if” “then” mindset.
- People Please – try to make everyone around you happy.
- Always say that “everything is okay” When actually, everything isn’t.
- Feel like you can control everything and be able to keep people from becoming upset.
- Blame yourself when problems occur.
- Find that those who love you are those who hurt you most.
- Think that if you keep people at arm’s length, they can never hurt you.
- Always keep peace in your family.
- Take care of others first.
- Think that nothing is wrong, yet you do not feel right.
- Deny things.
- Think you are not a good person.
- Feel responsible for the success of your relationship.
- Judge yourself without mercy.
- Have difficulty having fun.
- Take yourself too seriously.
- Get upset with others take life too lightly.
- Lack the ability to finish things.
- Know how “things should be done.”
- Procrastinate.
- Are you an over achiever or accomplished oriented.
- Find faults in almost everything?
- Always want or feel like you must be the best.
- Think that for something to be acceptable, it must be perfect.

**“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.
The one who fears is not made perfect in love.” (1 John 4:18)**