Wikipedia definition of **perfection**: 
“believing that a state of completeness and flawlessness can and should be attained”

Webster’s definition of **syndrome**: 
“a predictable, characteristic pattern of behavior or action that tends to occur under certain circumstances”

My definition of **The Perfection Syndrome**: 
“an attempt to be flawless in certain circumstances”

Hebrew word for “idol” = false god

I John 5:19-21

I John 5:21 (AMP)  “Little children, keep yourselves from idols (false gods)--[from anything and everything that would occupy the place in your heart due to God, from any sort of substitute for Him that would take first place in your life]. Amen (so let it be).”

I Samuel 5:1-5

“topple” = to overthrow, as in position of authority  
synonyms of topple: defeat, vanquish, overcome, overpower

Exodus 25 gives the detailed instructions God commanded Moses about building the Ark of the Covenant.

- When priests carried the Ark of the Covenant into the Jordan River, the water separated for the Israelites to pass through. (Joshua 3:15-16; 4:7-18)
- The Israelites paraded the Ark of the Covenant in their seven day march around Jericho ending with only a trumpet blast and a corporate shout to bring the walls of Jericho crumbling to the ground. (Joshua 6:1-20)
- The false god of the Philistines “mysteriously” toppled in the presence of the Ark of the Covenant. (I Samuel 5:1-5)
Practical Ways to Experience the Presence of Lord

1) Praise Him

Psalm 22:3 (KJV) “Thou art holy, O thou that inhabitest the praises of Israel.”

(I Chronicles 16:1-28; II Chronicles 20; Hebrews 13:15)

2) Receive and Give God’s mercy

Ephesians 2:3-5 “…. we were by nature objects of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.”

- “Mercy” — not getting what you do deserve / withheld punishment
- “Grace” — getting what you don’t deserve / unmerited favor

Psalm 94:18, 19 (AMP) “When I said, My foot is slipping, Your mercy and loving-kindness, O Lord, held me up. In the multitude of my [anxious] thoughts within me, Your comforts cheer and delight my soul!”

Psalm 90:14a “O satisfy us in the morning with Your unfailing love (mercy) ….”

Hebrews 4:13-16
Psalm 90:8 (AMP) “Our iniquities, our secret heart and its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance.”

Webster’s definition for **countenance**:

1. appearance; especially the expression of the face
2. the face
3. support or approval

Jeremiah 1:5

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For Further Study:

- Go through the notes and verses from today’s teaching:
  Practical Ways to Experience the Presence of Lord.

- Three simple questions to ask yourself when the temptation to be perfect sneaks up on you:

  1) **Whose EXPECTATION** am I trying to live up to?

      Figure out what it is (or who it is) that makes you feel you need to be perfect.
      Do people really expect or need you to be perfect in this?
      Does God expect you to be perfect in this?

  2) **What’s the FEAR** behind the lie that I have to be perfect?

      What are you afraid of? Rejection? Judgment or criticism? Failure?
      Get down to the nitty-gritty, deal with your source of fear, and move on.

  3) **What NEED** am I seeking to be met by my being perfect?

      What keeps you from being able to relax and not be perfect – are you seeking approval, acceptance, and some kind of much needed attention?
      Recognize your need & take it to God, or get help.
      AND – what kind of pressure does your perfection put on others?
      Being perfect can be selfish.