

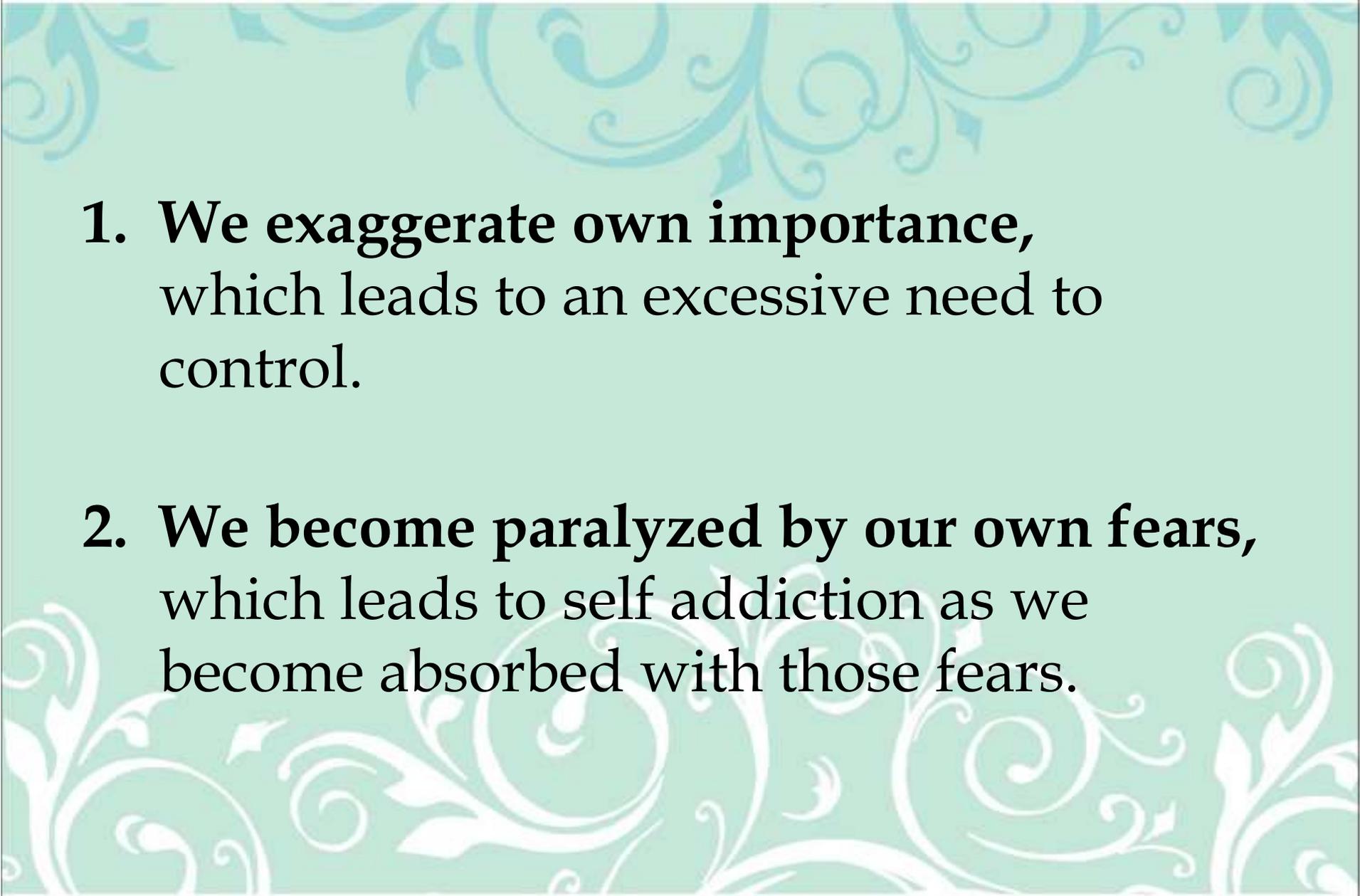


*Welcome to  
Heart-to-Heart*

**“I’m Fine!” and Other Lies We Tell in Church:  
Dealing with The Perfection Syndrome**

## Titus 2:3-5 [NLB]

“... teach the older women to live in a way that honors God. They must not slander others or be heavy drinkers. Instead, they should teach others what is good. These older women must train the younger women to love their husbands and their children, to live wisely and be pure, to work in their homes, to do good, and to be submissive to their husbands. *Then they will not bring shame on the word of God.*”



**1. We exaggerate own importance,**  
which leads to an excessive need to  
control.

**2. We become paralyzed by our own fears,**  
which leads to self addiction as we  
become absorbed with those fears.

# Hebrews 3:1

“Therefore, holy (sisters), who share in the heavenly calling, fix your thoughts on Jesus ...”

# Three motivations behind our efforts to be the perfect parent:

## 1. **Fear**

We don't want to see our kids suffer or fail.

## 2. **False sense of ownership**

We believe our kids "belong" to us.

## 3. **Pride**

We want our kids to make *us* look and/or feel good.

# The perfection syndrome is...

... **trying** to be perfect, or **trying** to make things *seem* perfect whenever and however possible.

## Psalm 90:8 [AMP]

“Our iniquities, our secret heart and its sins [which we would like to conceal even from ourselves], You have set in the [revealing light] of Your countenance.”

# Why do we get caught up in The Perfection Syndrome?

1. Religion/Wrong Thinking -- “God is out there somewhere and I have to do certain things to get *to* Him so that He will love and approve of me.”
2. Judgment
3. Performance-based
4. Pride
5. Comparison

# The Heart-to-Heart Pledge

“I promise to be myself  
and nothing but myself,  
so help me God!”

# Romans 8:1 Exercise

- Pair up with one person to say what's on your paper.

*"I'm (your name) and I feel condemned about \_\_\_\_."*

- The other person is to use your name & respond,

*"(Your name), there is no condemnation for you in Christ Jesus."*

# “Holy”

Greek for whole is “**hagios**” from which we get the English word holy

“**sozo**” is salvation = wholeness or complete

## Philippians 1:6 [NKJV]

“Being confident of this very thing, that he who began a good work in you will perform (perfect) it until the day of Jesus Christ.”

# “Perfect”

To perform or to perfect =  
to finish, be complete

The implication is that of maturity.

## Romans 12:2 [NKJV]

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

## 2 Corinthians 4:8,9 [TLB]

“We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.”

## John 8:31,32

“Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”

# Acts 7:51

You stiff-necked people, with uncircumcised hearts and ears! You are just like your fathers: **You always resist the Holy Spirit!**”

## John 14:26 [AMP]

“ ... the Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.”

## Jeremiah 29:11 [AMP]

“For I know the thoughts & plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil,  
*to give you hope in your final outcome.*”