

# HOUSE TO H<sup>ouse</sup> HOUSE

This is a resource for you to take the word God gives us in His house to your house!

A **HELPFUL TIP**: RE-watch the sermon online (*available @ facebook.com/journeychurch.family*) by yourself or with others.

## **CHASING CARROTS: Perfectionism**

*Sunday, October 13, 2019*

*What really makes for a happy life? A dream job, house, or a new relationship? If you're always hungry for the next big thing, but frustrated because it never seems to satisfy, you might be Chasing Carrots. It's time to hop off the wheel and chase after something real. This series is about the things people commonly chase after that only bring fleeting happiness, fulfillment, or validation—things like fame, achievements, approval, fame, or comfort.*

### **MATTHEW 5:48 NIV**

**"BE PERFECT, THEREFORE, "AS YOUR HEAVENLY FATHER IS PERFECT."**

Many of us see Scriptures like this combine with the expectations from those around us along with those we have of ourselves and we SPEND OUR LIVES pursuing after this word. In fact, research shows there are 3 types of perfectionists and many of us surprisingly fit into one and/or more of these categories...

- 1. The Self-Oriented Perfectionist:** *Putting heavy expectations on yourself.*
- 2. The Externally-Oriented Perfectionist:** *This is the person who lives according to the expectations others place on you.*
- 3. The Others-Oriented Perfectionist:** *This is the person who is so passionate for perfection, they impose their expectations on others.*

**POWER THOUGHT** → There is a SPIRITUAL side to Perfectionism. Biblically we see it's actually a covering for our SINFULNESS.

### **2 CORINTHIANS 3:13 NIV**

**We are not like Moses, who would put a veil over his face to prevent the Israelites from seeing the end of what was *already* passing away.**

### **ROMANS 3:20 NLT**

**"For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are."**

