HOUSE TO HAUSE

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.

<u>MATTHEW 5:48 NIV</u> "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 <u>doing</u> what the law commands. The law simply shows us <u>how</u> sinful we are."

THERE ARE 1,050 NEW TESTAMENT COMMANDS FOR YOUR LIFE TO FOLLOW. THERE ARE 613 OLD TESTAMENT COMMANDS FOR YOUR LIFE TO FOLLOW.

ENGAGING THOUGHT —> The purpose of the law is simply show that we NEED help! In fact, until you see yourself as a sinner, **YOU WILL NEVER SEE YOUR NEED FOR A SAVIOR!** This is why the law is so beautiful. It pulls us to Jesus and His work on the cross!

We find undeserved PERFECTION by placing our FAITH in JESUS!

POWER THOUGHT —> Perfectionism focuses on what I do. Grace focuses on what Jesus has already done! Quit drowning in the details of life's expectations of you and surrender to the relationship Jesus wants to have with you!

LUKE 10:41 NLT (READ VERSES 38-42 AT HOME FOR CONTEXT) "My dear Martha, you're worried and upset over all these details."

>>>>>DON'T MISS THE MOMENTS JESUS WANTS WITH YOU!<<<<<<<

POWER THOUGHT —> His LOVE makes us PERFECT, WHOLE AND COMPLETE (that's the greek meaning behind the word 'perfect' in Matthew 5:48). LIVE for Him because He loves you INSTEAD of living for Him to make Him love you.

YOUR FATHER IN HEAVEN IS NOT WITHDRAWING HIS LOVE FROM YOU WHEN YOU FALL SHORT! HE EVEN CHEERS YOU ON WHEN YOU GET IT RIGHT. THERE IS NOTHING YOU CAN DO TO CAUSE HIM TO LOVE YOU MORE AND THERE'S NOTHING YOU CAN DO TO CAUSE HIM TO LOVE YOU LESS.

PRAY: Heavenly Father. Forgive my sins. Make me new. Jesus save me. Holy Spirit, fill me. So I can be mature. And complete. In your love. Showing your love. In all that I do. My life. Is not my own. I give it to you. Thank you for new life. You have all of mine. In Jesus' name I pray. AMEN.