



# WELCOME!

WE'RE SO GLAD YOU'RE HERE!

Our mission is to help people **Come** to know Jesus as Savior, **Grow** in a relationship with Him, and **Live** their lives for Him. God loves you and we pray that during the worship service you will be able to connect with Him through song, scripture, and the message.

**Sunday, January 21, 2024**

**Sermon Series: Chasing Carrots: The Endless Pursuit of More**

**Sermon Title: The Problem of Perfectionism**

**Scripture: Romans 3:20, Romans 3:22, Matthew 5:43-48,  
Matthew 11:28-30**

**Speaker: Pastor Kendall Harger**

## **ARE YOU NEW TO SGCC?**

Please stop by our  
Welcome Center  
located by the front  
doors for a free gift!

~OR~

Fill out our online  
guest card by visiting  
[sgcommunitychurch.org](http://sgcommunitychurch.org)

## **SUNDAY MORNING CHILDREN'S MINISTRIES**

### **NURSERY**

AGES: newborn-2 years

Please sign-in your child at the  
nursery door and pick-up a pager.

### **CHILDREN'S CHURCH**

AGES: 3 years-2nd grade

Please drop off your child at  
Room 114 and sign them in.

## **SPRING GREEN COMMUNITY CHURCH**

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## The Problem of Perfectionism

### Big Idea

Choose people over perfectionism.  
Choose perfect love over perfect performance.

Romans 3:20, Romans 3:22,  
Matthew 5:43-48, Matthew 11:28-30

### Perfectionism

- What I do
- About me
- If I obey-God will love me
- Win God's approval

### Grace

- What Jesus has done
- About Jesus
- Because God loves me-I can obey
- Living from God's approval

GRACE – Jesus takes away the pressure of trying to be perfect, of trying to do everything perfectly!!!

Now that the pressure is off, we can:

1. Choose people over perfection
2. Choose perfect love over perfect performance.

### Perfectionism Test

1. I often think that I should've done better than I did.
  2. I tend to put things off if I don't have the time to do them perfectly.
  3. I'm afraid to fail when working on an important project.
  4. I strive to impress others with my best qualities or accomplishments.
  5. I think less of myself if I repeat a mistake.
  6. I strive to maintain control of my emotions at all times.
  7. I get upset when things don't go as planned.
  8. I am often disappointed in the quality of other people's work.
  9. I feel that my standards should always be really high.
  10. I'm afraid that people will think less of me if I fail.
  11. I'm constantly trying to improve myself.
  12. I'm unhappy if anything I do is considered average.
  13. My home and office need to be clean and orderly always.
  14. I feel inferior to others who are more intelligent, attractive, or successful than I am.
  15. I must look my very best whenever I'm out in public.
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### Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

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## Sermon Questions

### Ice Breaker

What situations bring out your inner perfectionist?

### Questions

1. Read Romans 3:20-22. Why might it be difficult to accept that we are perfected, not through our own efforts, but through our faith in Christ?

2. How does the gospel of Jesus and His grace relieve the burden on us needing to be perfect?

3. Pastor Kendall preached the GRACE of God as a remedy to perfectionism. Read Ephesians 2:8-10. With the pressure of perfectionism gone, which of the following possible changes resonates with you the most and why?

- I can choose people over perfection.
- I can choose perfect love over perfect performance.
- I can throw away my unrealistic expectations for others.
- I can leave behind the burden of others wanting me to be perfect.
- When others think I should be perfect I can fall on God's grace.
- I can stop needing others to live up to my impossible standards.

4. How can you prioritize loving others over chasing perfection this week?

5. Matthew 5:4 says, "But you are to be perfect, even as your Father in heaven is perfect." What does that look like in the believer's everyday life? See Colossians 1:28, Hebrews 5:14, James 1:2-4, Philippians 3:15.

6. Read Matthew 11:28-30. How does Jesus make what seems heavy light?

7. Jesus tells us to take His yoke upon us to help eliminate the stress we meet in life. Name one area in which you have taken the yoke of Jesus upon you and found freedom. Name one area where you are hesitant or find resistance to do so. Why do you find resistance?