



Chasing Carrots

Week one - *Perfectionism*

Matthew 5:43-48

Bottom line - *Perfectionism focuses on our work, but grace focuses on Jesus' work.*

Which one actually accomplishes more?

1. What situations bring out your inner perfectionist?
2. There are three types of perfectionism: self-oriented, externally-oriented, and others-oriented. When was the last time you struggled with one of these kinds of perfectionism? How did the struggle make you feel?
3. In what ways might perfectionism mask an insecurity? How have you seen this play out in your own life?
4. 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?
5. How can you prioritize loving others over chasing perfection this week?