

Almost True— The Problem With Perfectionism

The problem with “almost truths” is that they almost work.

Almost true: Nobody expects you to be perfect.

“Be perfect, therefore, as your heavenly Father is perfect.”

Matthew 5:48 NIV

being made perfect: the process of becoming like Jesus so we can love God and love people the same way Jesus does

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.” Matthew 11:28-30 NIV

How do we partner with God in His plans to make us perfect?

1. Remove your pride.

“Come to me, all you who are weary and burdened ...”

Matthew 11:28 NIV

Pride always leads to shame.

2. Receive His grace.

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28 NIV

... *“My grace is sufficient for you, for my power is made perfect in weakness.”* ... 2 Corinthians 12:9 NIV

3. Respond with obedience.

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 11:28-29 NIV

“Be perfect, therefore, as your heavenly Father is perfect.”

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TALK IT OVER

Read Matthew 11:28-30. How can these verses influence the way you think about being perfect? What do you think it means for Jesus’ burden to be light?

Talk about any ways you’ve seen perfection as a prize to achieve. How can you find freedom by viewing it as a promise to receive?

What pride do you need to remove? What grace do you need to receive? What command do you need to obey?