

Mark Tough – Sunday 28 September 2025

Temptations we face - Perfectionism

1) In Matthew 5:48, Jesus is calling for a w_____ devotion to righteous living

a) The Greek word translated as 'perfect' (teleios) can also be translated as 'undivided', 'm_____', 'complete' or 'whole'

Hebrews 5:12-14

1 John 1:8-2:2

b) In Matthew 5:17-47, Jesus is calling for far more than just an e_____ observance of God's law

Matthew 5:20

Matthew 23:27-28

- M_____ (5:21-26)
- A_____ (5:27-30)
- D_____ (5:31-32)
- O_____ & V_____ (5:33-37)
- Responding to being w_____ (5:38-42)
- L_____ (5:43-47)

2) We need to resist the temptation of perfectionism because it is not g_____ for us, for others or for the Gospel

a) Perfectionism is a m_____ which refuses to accept any standard short of perfection

b) Perfectionism is not the same as pursuing e_____

c) Psychologists suggest that perfectionists seek to be perfect in order to gain a _____ from others that they did not receive in childhood

d) Perfectionism denies people of the j_____ that Jesus wants us to have

John 15:10-12

e) Perfectionism can result in a lack of l_____ and grace towards others

f) Perfectionism can result in a lack of p_____

g) Perfectionists can be unwilling to try new things or take risks because they don't want to f_____ or be c_____

3) R_____ actions that will help us to resist the temptation of perfectionism

- *L_____ from God's Word*
 - That we n_____ can or will be perfect in this life
 - That we are a _____ by God because of his grace not our achievements
 - That Jesus wants us to be people of j_____ and love
- *P_____*
 - That God would help us to rest in his g_____ rather than on our achievements
 - That God would help our t_____ to change
- *C_____ the validity of perfectionist thoughts*
 - By using m_____ like Acceptance and Commitment Therapy (ACT) – see a Christian counsellor or psychologist about these
 - By listening to other people that you trust who see things differently to you
- *Be d_____ in not doing things perfectly*