



Let it Go
Let Go of Perfectionism

Need help navigating an online group session? Reach out to MichaelS@wschurch.org with questions and to get tips for how to stay connected even when you can't meet in person!

Not one single perfectionist has ever attained perfection. So why do we feel the need to continue trying so hard to be perfect? It's time to let go of our perfectionist tendencies and grasp onto this truth: Because of God, we are perfectly suited for the imperfect lives we are living.

Scripture:

He saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.

Titus 3:5

Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: "Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I'm certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.'

"But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.' I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

Luke 18:9-14

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.

Hebrews 4:15

Icebreaker and Intro Questions:

1. What is one thing that has been not so perfect during quarantine?
2. What resonated with you from Sunday's service? (Sermon, scripture, song, etc.)

Discussion Questions:

3. Read Titus 3:5 together as a group. How does this change our perspective – especially about our relationship to God?
4. Eddies shared that, "perfectionism breeds pretense, and pretending leads us down a path of spiritual decline." Have you ever seen this to be true?
5. Read Luke 18:9-14 quietly by yourself. Take a few moments and jot down what resonates with you from this story. What lessons do you take away from this story? Who in this story can you relate to?
6. Eddie shared that, "the more we acknowledge our weakness, the stronger we get." How does this shift your perspective?
7. Read Hebrews 4:14 together as a group. What about this verse comforts you?
8. Is there one area or behavior in your life where you sense God nudging you to let go of perfectionism? Share with your group if you're willing.
9. Pray this prayer together as a group. Have one person read each phrase and then the rest repeat after them: "Dear Father - help me put my spiritual determination - into trusting you - not trying to be perfect - help me receive - what I can't achieve - help me remember – that in my weakness you are strong. - Help me discover what it means - to depend on you - and not on myself - in Jesus' Name - Amen."

This week:

- At the end of Eddie's message and at the end of our group time, we used a prayer that put ourselves into the posture of the tax collector praying in Luke 18. Spend some time praying this simple prayer – paying attention to your posture (both physically and internally). Pray quietly as you breathe in and out, "Lord Jesus Christ, have mercy on me, a sinner." (This short prayer is often referred to as the Jesus Prayer and has been prayed for centuries as a way of humbling oneself in God's presence.)
- Take some time to journal – write out the areas where you feel weak. Talk to God about how acknowledging your weakness makes you feel. Then, read and reflect on 2 Corinthians 12:9-10. Write out a prayer to God asking him to use your weakness and to show you how he is strengthening you through them.
- We've put together several excellent resources for you to use during the Let It Go teaching series at West Side. Grow deeper in your faith and relationship with God with free Bible reading plans, video content, and more at wschurch.org/resources.

Notes: