

COUNTERFEIT *fame, money, stuff, comfort* *Perfectionism, approval* COUNTERFEIT

GROUP CHAT

Key Scriptures

For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are. ... We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.

Romans 3:20, 22 NLT

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her." Luke 10:41-42 NLT

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you ... If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. Matthew 5:43-44, 46-48 NIV

There is no fear in love. But perfect love drives out fear ... 1 John 4:18 NIV

Start talking. Find a conversation starter for your group.

- What situations bring out your inner perfectionist?
- Why do you think people struggle with unrealistic expectations for themselves?

Start thinking. Ask a question to get your group thinking.

- 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?
- In what ways might perfectionism mask an insecurity? How have you seen this play out in your own life?
- 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?

Start sharing. Choose a question to create openness.

- How can we focus on Christ and the work He's doing in our lives rather than on our desire to make ourselves better on our own?
- How can we prioritize loving others over chasing perfection this week?

Start praying. Be bold.

Father, thank You for sending Your Son to live the perfect life we never could. Thank You for the sacrifice He made, once and for all, to make us right with You. Help us to extend the love and grace You've given us to the people in our lives this week. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Look for ways to prioritize giving love and grace to those around you this week rather than pursuing perfectionism.