

*"In my vain life I have seen everything. There is a righteous man who perishes in his righteousness, and there is a wicked man who prolongs his life in his evildoing. Be not overly righteous, and do not make yourself too wise. Why should you destroy yourself? Be not overly wicked, neither be a fool. Why should you die before your time? It is good that you should take hold of this, and from that withhold not your hand, for the one who fears God shall come out from both of them."* Ecclesiastes 7:15-18

What does this mean?

perfectionism =

"It's not a way of \_\_\_\_\_. It's a way of \_\_\_\_\_ in the \_\_\_\_\_." Dr. Paul Hewitt

### Signs of Perfectionism

- You are \_\_\_\_\_.
- You think in \_\_\_\_\_ ways.
- You relive your \_\_\_\_\_.
- You have \_\_\_\_\_ for yourself and others.
- You struggle to \_\_\_\_\_.
- You live within a series of "musts," "should haves," "have tos."
- You rarely \_\_\_\_\_.
- You \_\_\_\_\_ or \_\_\_\_\_ situations that you are not confident you can \_\_\_\_\_.
- You struggle with \_\_\_\_\_.

"The one who fears God shall come out from both of them."

Ecclesiastes 7:18b

## How?

1. Find your \_\_\_\_\_ in true \_\_\_\_\_. (19)
2. Face your \_\_\_\_\_ honestly. (20)
3. Reject the \_\_\_\_\_ of \_\_\_\_\_. (21-22)
4. Let your \_\_\_\_\_ turn you to \_\_\_\_\_. (23-24)

“Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are His judgments and how inscrutable His ways! ‘For who has known the mind of the Lord, or who has been His counselor? Or who has given a gift to Him that He might be repaid?’ For from Him and through Him and to Him are all things. To Him be glory forever. Amen.”

Romans 11:33-36