

"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