

## **FINDING FREEDOM**

*Freedom From Perfectionism*

Hebrews 10:11-15a

### **I. What is Perfectionism?**

*“When we pursue excellence, we’re determined to do something as well as possible within a given set of talent, resource, and time limits. But perfectionism is a pride- or fear-based compulsion that either fuels our obsessive fixation on doing something perfectly or paralyzes us from acting at all — both of which often result in the harmful neglect of other necessary or good things.” ~Jon Bloom*

### **II. Perfectionism’s Promises and Chains**

*“From the moment my son was born, I felt like he was an egg I carried on a spoon—one I was not to drop.” ~ Ann Dowsett Johnson*

### **III. The Healing of Perfectionism**

*“The solution for perfectionism cannot be found in techniques or strategies for change because the problem goes deeper into issues of identity, purpose, human nature and spirituality.” ~Richard Winter*