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MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking, then choose the questions that work best for your group.

Chasing Carrots Week 3 - PERFECTION

ICE-BREAKER:

What situations bring out your inner perfectionist?

DISCUSS:

Why do you think people struggle with unrealistic expectations for themselves?

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: *“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. But now God has shown us a way to be made right with him without keeping the requirements of the law, as was promised in the writings of Moses and the prophets long ago. 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 (NLT2)**

APPLY

Why might it be difficult to accept that we are perfected, not through our own efforts, but through our faith in Christ?

How can we focus on Christ and the work He is doing in our lives rather than on our desire to make ourselves better on our own?

How can we prioritize loving others and giving grace over pursuing perfection this week?