

*“God has shown you, O mortal, what is good. And what does the Lord require of you?
To act justly and to love mercy and to walk humbly with your God.”*

God has told people what is good and what it is the Lord requires of each of us: Only to act justly, to love faithfulness, and to walk humbly with your God. For the most part all people look at this passage and say to themselves, “I am doing pretty good with walking humbly and acting with justice and mercy.” Then there are some of us... especially Christians...that ask God and ourselves why we feel as if we aren’t doing enough or living in the right manner?

I don’t consider myself a perfectionist, as I always strive to do my best quality work. especially in the ministry and in my writing. I work hard each week to come up with a meaningful sermon and a relatable newsletter article. However, each week, even after 22 years of ordained ministry, I still ask Carol, my spouse, each week, “so, how was my sermon... really?” It’s like I’m waiting for her to say, “You didn’t work hard enough to say what God was asking you to share. It wasn’t good enough.” Now, I take Carol’s opinion very seriously and almost every time she will assure me saying, “Your message was fine, and people heard the Gospel.”

I’m not sure if this is insecurity or a result of a perfectionists mind, but I am learning to realize God is walking with me and that I need to trust more in what the Lord is required of me. I have also been given a book by Brene Brown that I have quoted before that I am once again using to help me better understand who I am. I love this book and it’s called, “Atlas of the Heart.”

Brene Brown, in this latest book states, “ I wrote a lot about perfection across my books. It’s a healthy dose of “Researcher, heal thyself.” I often call myself a recovering perfectionist and an aspired “good enoughist.”

She goes on to say:

“In the Gifts of imperfection, I explain how the perfectionism emerged from our research. The definition that best fit the data is the perfectionism is a self-destructive and addictive belief system that fuels this primary thought. If I look perfect, love perfectly, work perfectly, and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment and blame.”

“Perfection is addictive. Feeling shamed, judged and blamed (and the fear of these feelings) are realities of the human experience. Perfectionism actually increased the odds that we’ll experience these painful emotions and often leads to self-blame. It’s my fault. I’m feeling this way because I’m not good enough.”

Yes.... I think I am a recovering perfectionist and an aspired “good enoughist.” Through the grace of Christ we know God is walking with us and assuring us that through our faith... we can move mountains! I’m sure I’m not the only one that has these feelings and emotions. Let’s let God be God and give this issue over to the Lord. Yes, I am blessed and have the gifts to share the gospel... and so do you!

Peace,

Pastor Tony