

## Liberating Grace

Galatians 3:3 (NLT) "How foolish can you be? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?"



### HOW PERFECTIONISM HARMS

1. It **DEFEATS** your initiative.

Ecclesiastes 11:4 (NLT) "Farmers who wait for perfect weather never plant. If they watch every cloud, they never harvest."

2. It **DAMAGES** your relationships.

Proverbs 17:9 (NLT) "Love prospers when a fault is forgiven, but dwelling on it separates close friends."

3. It **DESTROYS** your happiness.

Ecclesiastes 7:16 (NASB) "Do not be excessively righteous and do not be overly wise. Why should you ruin yourself?"

### HOW TO R.E.L.A.X. IN GOD'S GRACE

**REALIZE** nobody's perfect.

Psalms 119:96 (NLT) "Nothing is perfect except God's Word."

Romans 3:10 (NLT) "No one is righteous - not even one. No one is truly wise."

**ENJOY** God's unconditional love.

1 John 3:1 (NASB) "See how great a love the Father has bestowed on us, that we would be called children of God; and such we are."

John 1:12-13 (NASB) "But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God."

**LET** God handle things.

1 Peter 5:7 (NASB) "Cast all your anxiety on Him because He cares for you."

Proverbs 14:30 (NIV) "The heart at peace gives life to the body."

Philippians 4:11 (NASB) "I have learned to be content in whatever circumstances I am. "

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### **ACT** in faith, not in fear.

Ephesians 2:8 (NASB) "For it is by grace you have been saved through faith."

Colossians 2:6 (NASB) "Therefore as you have received Christ Jesus the Lord, so walk in Him."

Galatians 3:2-3 (NASB) "Did you receive the Spirit by the works of the Law, or by hearing with faith? Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?"

### **EXCHANGE** my perfectionism for God's peace.

Matthew 11:28-29 (NASB) "Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls."

2 Corinthians 5:21 (NASB) "He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him."

Hebrews 12:15 (NLT) "Look after each other so that none of you fails to receive the grace of God. ."

### **Application:**

Do you live under self-imposed condemnations?

What areas of your life are you trying to be God rather than letting God be God?

On a scale of 1 to 10 how able are you to R.E.L.A.X. in God's liberating Grace?

1 2 3 4 5 6 7 8 9 10

Which one of the five areas of R.E.L.A.X. do you have the most difficulty applying to your life? Why?

What is your biggest barrier to living in God's liberating Grace.

What has the Holy Spirit revealed to you through this study?

What adjustments do you need to begin to make this week to accommodate what He has spoken to you?

**Memory verse:** 1 John 3:1 (NASB) "See how great a love the Father has bestowed on us, that we would be called children of God; and such we are."

