

How to Break Out of the Performance Trap
Series: The Good News About Grace
January 31, 2010 Pastor Bill Bump

REVIEW: WHAT IS SAVING GRACE?

G= GOD'S GIFT TO ME (Romans 3:24)

R= RECEIVED BY FAITH (Ephesians 2:8-9)

A= AVAILABLE TO EVERYONE (Romans 10:13)

C= COMES THROUGH CHRIST (John 1:17)

E= EXTENDED THROUGH ETERNITY (Romans 6:23)

TODAY: God's liberating grace: How to break out of the performance trap.

Galatians 3:3 (NCV) You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish.

The most disturbing common problem among people of faith is perfectionism.

HOW IS PERFECTIONISM THE ENEMY OF GRACE?

Perfectionism causes us to try and prove our worth and our standing with God by being perfect.

HOW DOES PERFECTIONISM DAMAGE OUR RELATIONSHIP WITH GOD?

Perfectionism causes us to feel like we never measure up.

HOW CAN WE EXPERIENCE THE LIBERATING GRACE OF GOD?

1. REALIZE THAT NOBODY'S PERFECT

Psalm 119:96 (LB) Nothing is perfect except your [God's] words.

Ecclesiastes 7:20 (GN) There is no one on earth who does what is right all the time and never makes a mistake.

Grace means that God isn't waiting for us to change for him to love us.

2. ENJOY GOD'S UNCONDITIONAL LOVE

I John 3:1 (LB) See how very much our heavenly Father loves us, for he allows us to be called his children—think of it—and we really *are!*

Romans 8:31 (NIV) If God is for us, who can be against us?

God says to enjoy his unconditional love because we are a part of his family.

3. LET GOD HANDLE THINGS

At the root of perfectionism is the desire to control.

Reality is that most of our life is out of our control.

I Peter 5:7 (NIV) Cast all your anxiety on him because he cares for you.

Proverb 14:30 (LB) A relaxed attitude lengthens a man's life...

4. ACT IN FAITH, NOT FEAR

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

Colossians 2:6 (NIV) So then, just as you received Christ Jesus as Lord, continue to live in him...

5. EXCHANGE MY PERFECTIONISM FOR GOD'S PEACE

Perfectionism destroys peace and causes fatigue.

Matthew 11:28-29 (Mes) Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest...Learn the unforced rhythms of grace.

CONCLUSION:

We are going to fail a lot in life. We are going to fail to live up to the expectations that other people put on us. We are going to fail to live up to our own expressions. We are going to fail to live up to God's standard. So how do we live with all the failure in our lives—by accepting God's grace.

Hebrews 12:15 (NCV) Be careful that no one fails to receive God's grace...

Grace will liberate us and free us.

We invite you to look over the verses in your sermon notes this week and ask and answer the following three questions (you are encouraged to get a notebook to record your thoughts):

1. What does the verse say?
2. What does the verse mean?
3. What does the verse mean to me personally?