



Study Guide, Episode 61—How to Become Perfect, vs Perfectionism

Matthew 5, Luke 6

00:00-05:35	"QOTW: How can I become 'perfect'? How do I overcome perfectionism?"
05:36-13:31	"Perfect=complete, whole, finished, fully developed"
13:42-24:40	"Perfectionism is the opposite of healthy striving"
24:41-37:03	"Be humble, meek, a peacemaker, mourn your losses"
37:04-46:44	"How to feel/deal with anger & overcome contempt"
46:45-58:04	"Be a light, shine; let others see your good works"
58:05-END	"Be a <i>disciple</i> of Jesus Christ"

1. When you hear Jesus' command, "Be ye therefore perfect," how do you feel? What does that word "perfect" bring to mind when you hear it?
2. Consider the true meaning of "perfect"="whole, complete, finished, fully developed." How does this meaning change your view on the command above? What does this mean to you? How can you strive to become "whole, complete, finished, fully developed?" Write about this in your journal or notebook.
3. If you have ever struggled with perfectionism, how does it make you feel? What lies below that striving for perfection? Ask yourself, "If I didn't do the things I do to strive for perfection, then, *what?*" What would happen? Answer honestly. Write about it.
4. As you read the Sermon on the Mount, what phrases/verses stand out that speak specifically to *you*? Mark in your scriptures and write about these in your journal. Share these with your family/friends. Listen to 24:41-37:03, and work on the improvements or goals you need, this week.
5. Listen to 37:04-46:44 and work on dealing with anger, &/or contempt, this week.
6. If you are working on mourning/grief work, these articles may help:
 - a. Dealing w Grief: <https://www.drchristinahibbert.com/dealing-with-grief/>
 - b. Understanding & Coping w Loss, Grief, & Trauma: <https://www.drchristinahibbert.com/understanding-and-coping-with-loss-and-trauma/>

Join my "8-Day REPLENISH Self-Care Challenge:

<https://drchristi.mykajabi.com/8day-replenish-challenge>

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)

Videos on YouTube: [Dr.Christina Hibbert channel](#)