







Questions for Individuals and Groups:

Read again Romans 3 verses 9 to 24

- Paul says ‘all have sinned and fall short of God’s glory.’ Do you accept that everyone else is as imperfect as you, and you as everyone else?
- Perfectionism is probably a spectrum. Do you see a streak of it in yourself, or someone around you?
- Do you ever catch yourself trying to win someone’s approval and asking ‘what will they think of this?’ Does it help or not?
- Brene Brown defines guilt as ‘I did something bad’, and shame as ‘I am bad’. Do you agree that guilt can be constructive but shame is destructive?
- Where is the line between self-improvement and perfectionism?
- The antidote to perfectionism is self-compassion. In what area do you need to be kind to yourself at the moment? And in what area kind to someone else? Pray about it!