



## *Essential Evangelization*

### **Perfectionism**

Do you find yourself putting on a different "face" to those at work, at school or in social situations? Does your house have to be "perfect" before your friends or visitors come over? Do you spend unusually large amounts of time getting things just right before you can move on to other things? Do you have to get the A in class or in performance and be better than everyone else? Do you also feel guilty that you never quite measure up to your own expectations? You are very likely a perfectionist.

The truth of the matter is that perfectionism is an unhealthy state of mind and a vicious circle. Perfectionism is actually rooted in the sin of pride. It is also a fact that pride is one of the seven deadly sins and the Book of Proverbs even declares that "Pride comes before the fall." It is one of the great strategies of the enemy, Satan himself, that you can never quite measure up and are unworthy of God's unconditional love.

There is also another truth about perfection. It is another fact that there is only one man who ever lived the "perfect" life. In fact, He is the Truth, and the Way and the Life!

Give yourself a break today and surrender your heart and your inadequate and imperfect life to Jesus. In this Lenten season, give all your burdens to Him and just simply strive to do your best to know Him better and to simply follow Him. Guaranteed, you will find an immediate relief. A great burden will be lifted from your very heavy shoulders. A new Love will fill your heart and satisfy your every need!

*"This is the very perfection of a man, to find out his own imperfections."  
Saint Augustine*

*This is one of a series of articles on  
Evangelization from the  
Evangelization Committee*