



Welcome to  
Heart-to-Heart!



Have You Hidden Your Light  
Under a Bushel? (NO!)  
Escaping the Perfection Syndrome

Week 5 | 11.30.11 (AM) | 12.05.11 (PM)

Wikipedia definition of **perfection**:

“believing a state of completeness and flawlessness can and should be attained”

Webster’s definition of **syndrome**:

“a predictable, characteristic pattern of behavior or action that tends to occur under certain circumstances”

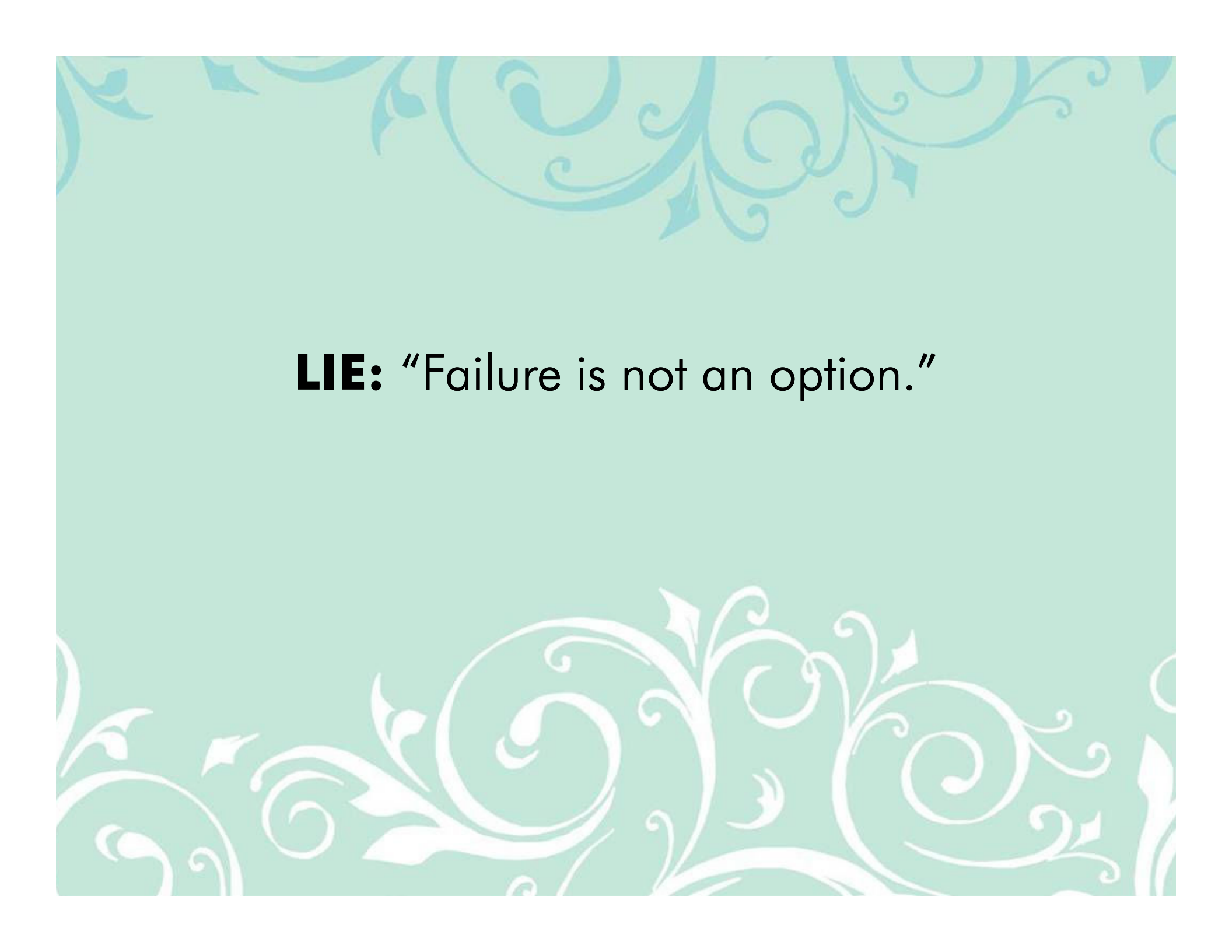


My definition of **The Perfection Syndrome**:

“an attempt to be flawless  
in certain circumstances”



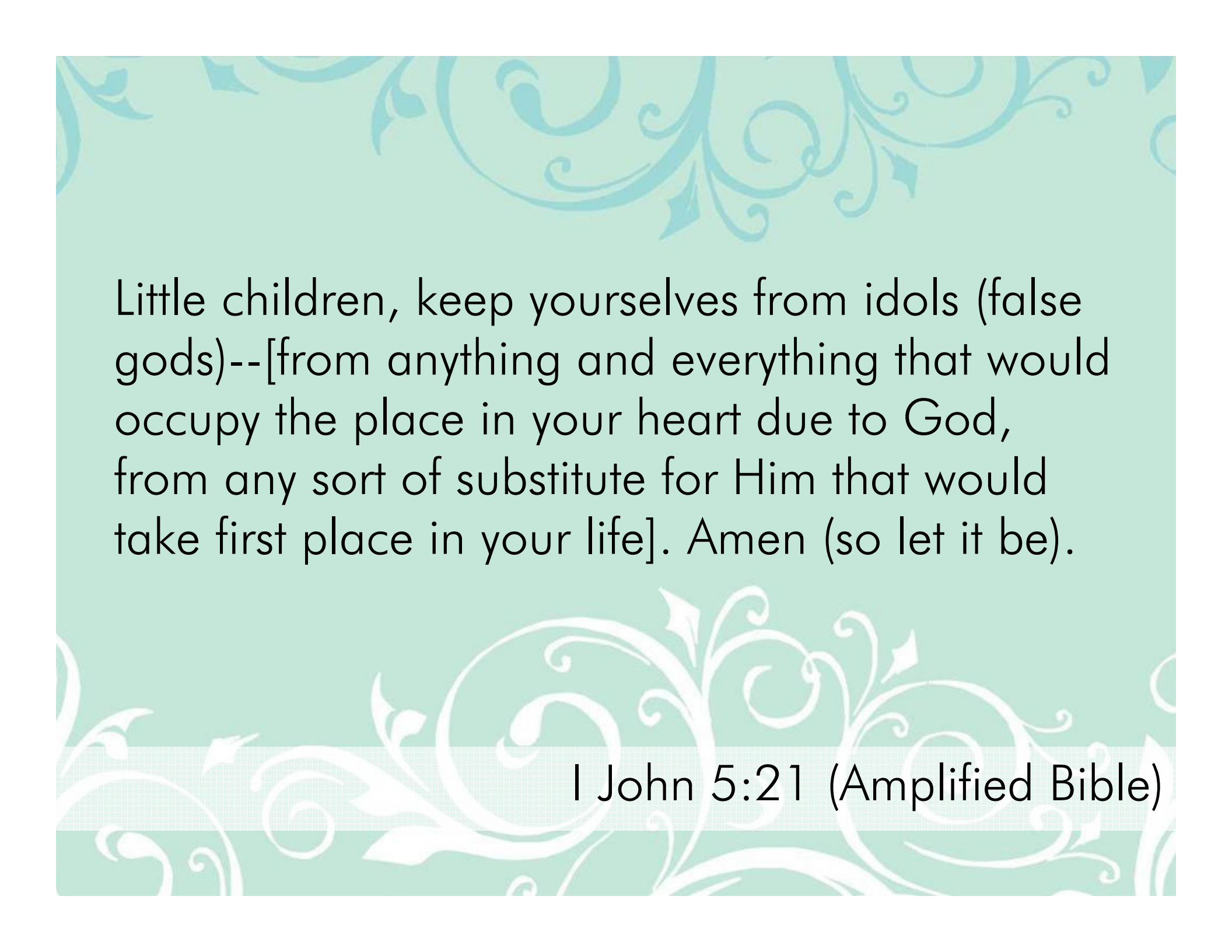
I'm **NOT** OK, You're **NOT** OK and That's OK



**LIE:** "Failure is not an option."

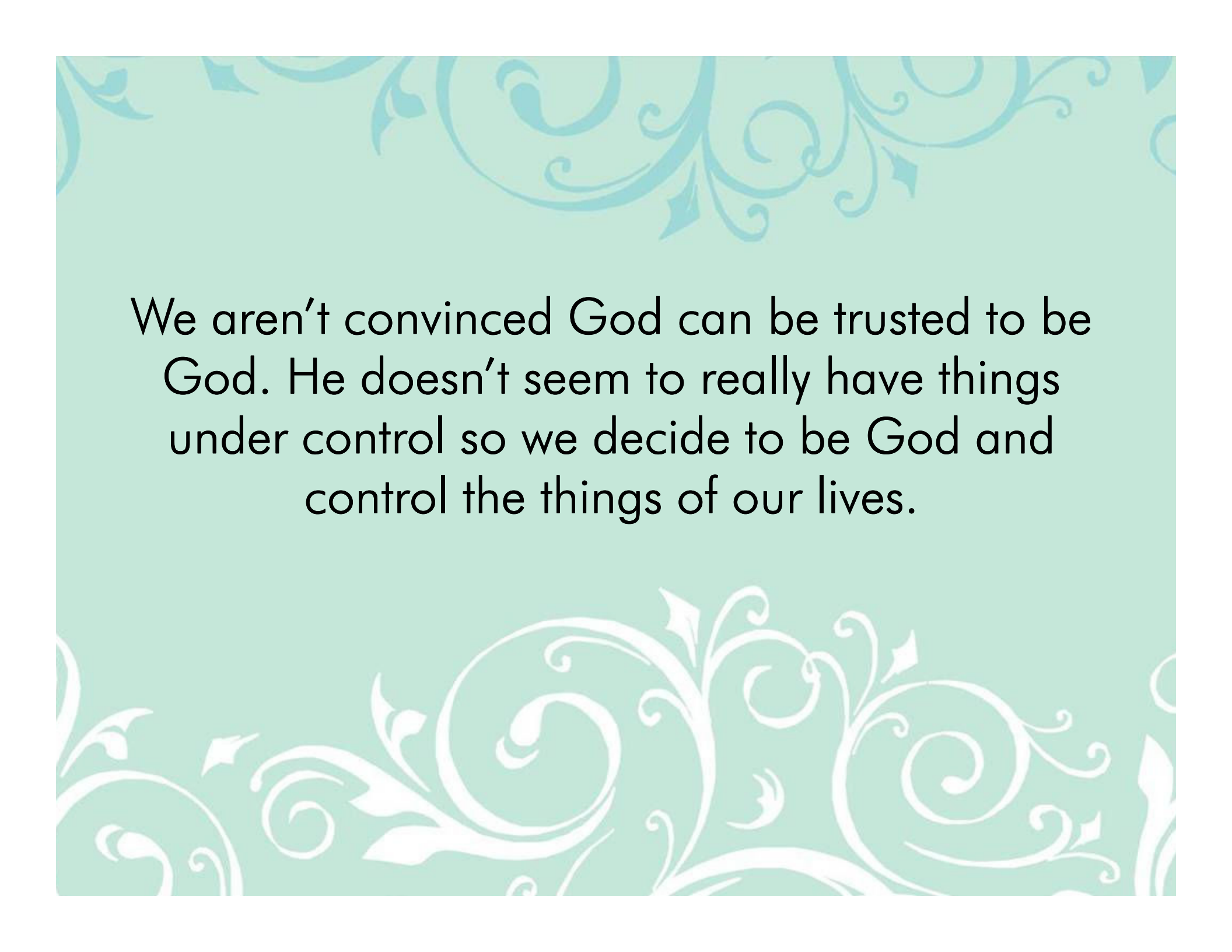


Hebrew word for "IDOL" = false god



Little children, keep yourselves from idols (false gods)--[from anything and everything that would occupy the place in your heart due to God, from any sort of substitute for Him that would take first place in your life]. Amen (so let it be).

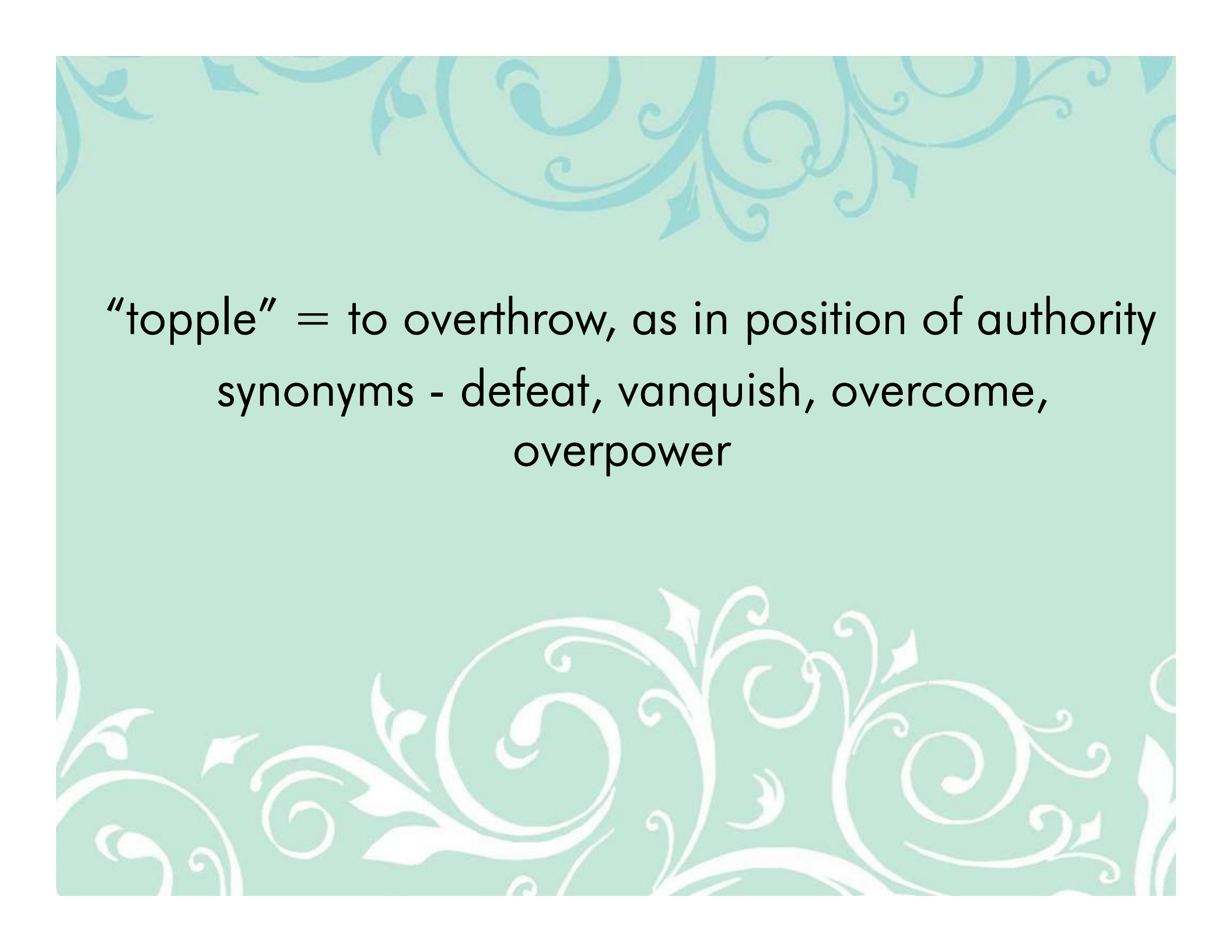
1 John 5:21 (Amplified Bible)

The background of the slide is a light teal color. It features decorative floral and scrollwork patterns. At the top, there are teal-colored patterns. At the bottom, there are white patterns. The text is centered in the middle of the slide.

We aren't convinced God can be trusted to be God. He doesn't seem to really have things under control so we decide to be God and control the things of our lives.



I Samuel 5:1-5



“topple” = to overthrow, as in position of authority  
synonyms - defeat, vanquish, overcome,  
overpower

## The Ark of the Covenant :

- When priests carried the Ark of the Covenant into the Jordan River, the water separated for the Israelites to pass through.
- The Israelites paraded the Ark of the Covenant in their seven days march around Jericho ending with only a trumpet blast and a corporate shout to bring the walls of Jericho crumbling to the ground.
- The false god of the Philistines “mysteriously” toppled in the presence of the Ark of the Covenant.

## Practical Ways to Experience the Presence of Lord

- Praise God
- Receive and Give God's Mercy

**1) Praise Him** – mostly in song

Psalm 22:3 (KJV)

Thou art holy, O thou that inhabitest the praises of Israel.

the praises of ISRAEL =

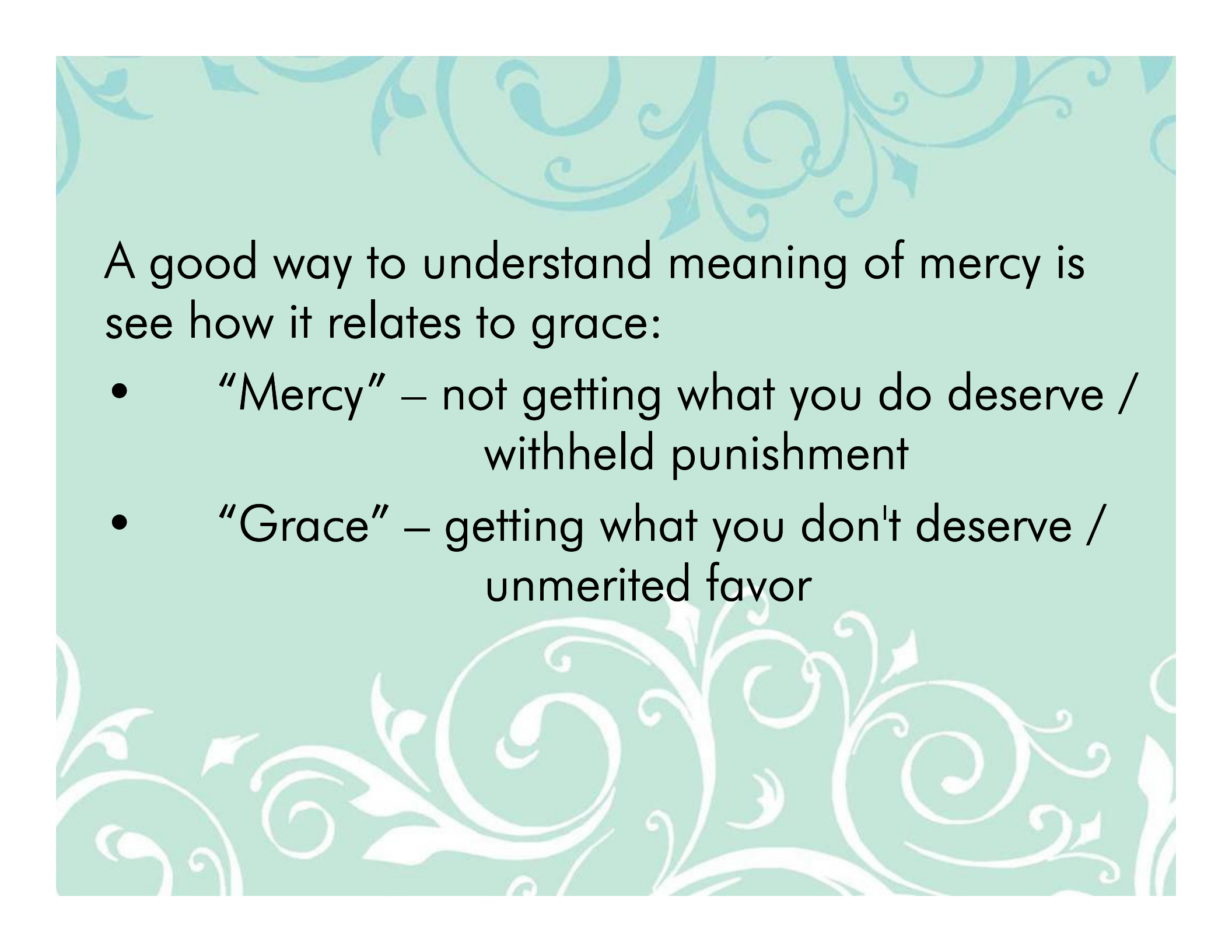
“Israel are those who are overcome by Yah”

In Hebrew this means those who are His bride.

## **2) Receive and Give God's mercy**

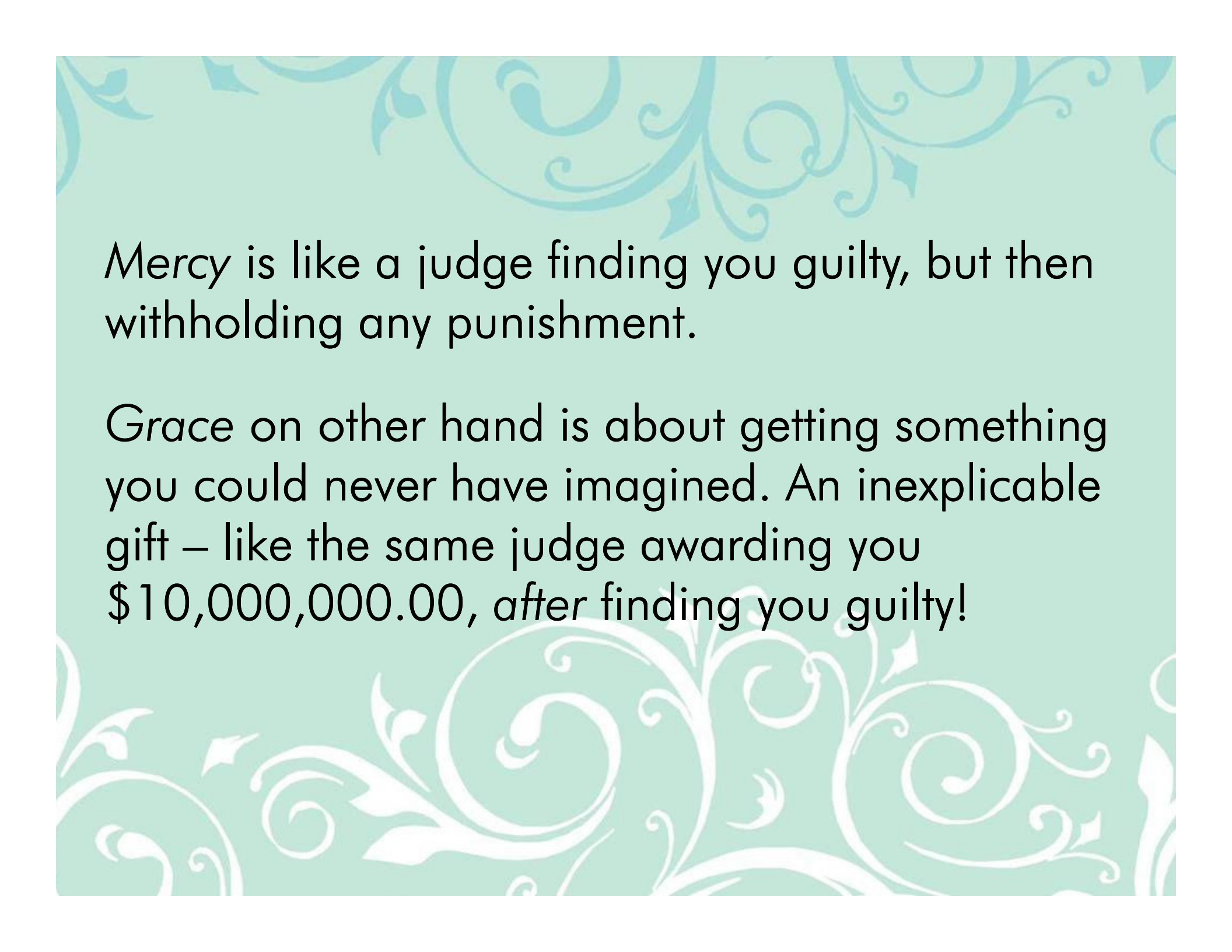
Ephesians 2:3-5

...we were by nature objects of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.



A good way to understand meaning of mercy is see how it relates to grace:

- “Mercy” – not getting what you do deserve / withheld punishment
- “Grace” – getting what you don't deserve / unmerited favor



Mercy is like a judge finding you guilty, but then withholding any punishment.

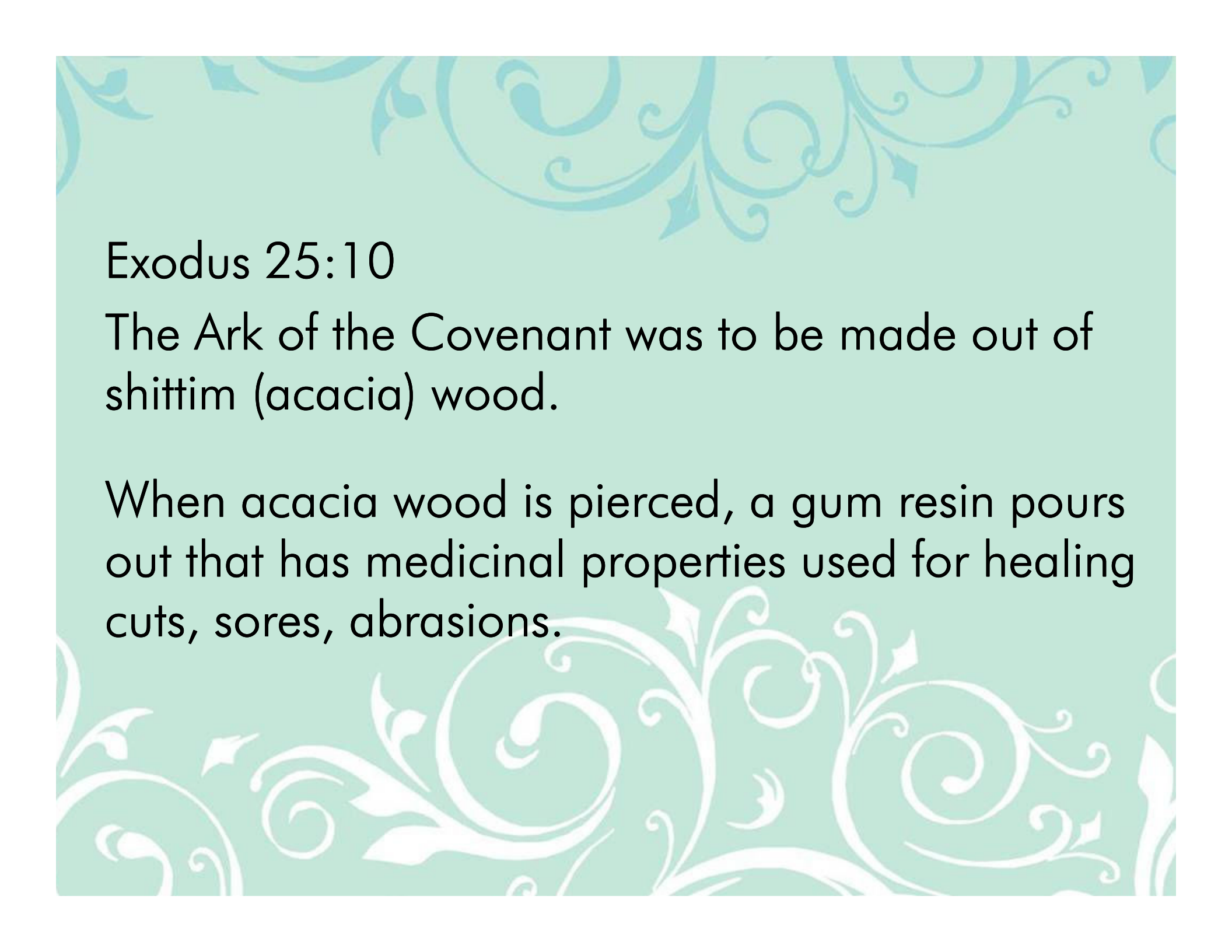
Grace on other hand is about getting something you could never have imagined. An inexplicable gift – like the same judge awarding you \$10,000,000.00, *after* finding you guilty!

## Psalm 94:18, 19 (Amplified Bible)

When I said, My foot is slipping, Your mercy and loving-kindness, O Lord, held me up. In the multitude of my [anxious] thoughts within me, Your comforts cheer and delight my soul!

## Psalm 90:14

O satisfy us in the morning with Your unfailing love (mercy)...



Exodus 25:10

The Ark of the Covenant was to be made out of shittim (acacia) wood.

When acacia wood is pierced, a gum resin pours out that has medicinal properties used for healing cuts, sores, abrasions.



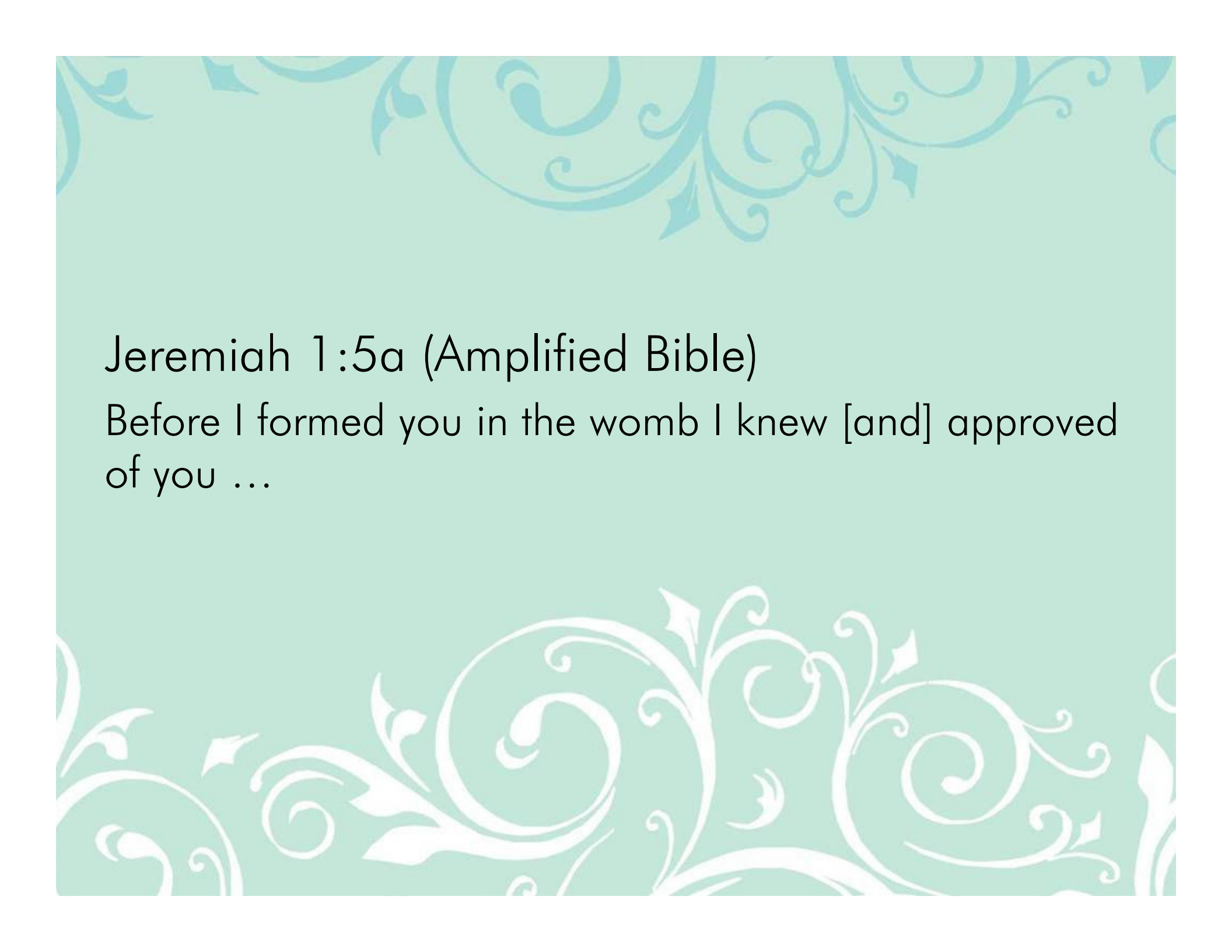
## Psalm 90:8 (Amplified Bible)

Our iniquities, our secret heart and its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance.

Webster's definition for **countenance**:

1. appearance; esp. the expression of the face
2. the face
3. support or approval

Hebrew meaning implies *an accepting expression*.



## Jeremiah 1:5a (Amplified Bible)

Before I formed you in the womb I knew [and] approved of you ...

