



# APPNOTES

**Date:** October 28-Nov 01,2019

**Series:** Chasing Carrots

**2 Timothy 1:6-7** How many of us judge our success by comparing ourselves to others? We determine our worth by how we measure up to worldly standards, spending countless hours on the hamster wheel fighting to obtain the perfect life - or at least a life better than our neighbor. We strive to be the best, not our best. We're motivated by the fear of not being good enough. In these verses, Paul encourages Timothy to develop his gifts despite his fears. These verses teach us that our talents come from God alone and God alone holds us to the standard of doing our best for Him. God works through our imperfection; our identity is found in Christ, not our performance. When we seek to find our purpose outside God's guidelines, we'll always fall short. Let's take action to multiply the gifts God has entrusted to us and shift our attention from our shortcomings to the goodness of God.

**2 Corinthians 12:7-10** We all have that perfectionist friend. You know, the one who can't take a compliment. You praise her for always keeping such a tidy house and her response is, "Thank you, but my cabinets are a mess, I still have to spot clean my rug, there are water stains on the bathroom mirror, and you should see my upstairs hall closet!" Likewise, she has a hard time dealing with constructive criticism. She asks you for some advice with a problem but when you offer your wisdom, she becomes defensive and argues why your advice won't work. You just can't win. Or, maybe you are that person. Either way, the pursuit of perfectionism is exhausting...and fruitless! In this passage, Paul explains why we should embrace our limitations. It is through our shortcomings that we experience God's perfect grace. We don't need to be paralyzed by the fear of failure, because God's power is made perfect through our weakness.

**Psalms 130** For many of us, our happiness and success are measured by earthly treasures and desires. We often believe that God owes us something different from what we have. When the reality of what God gives falls short of our expectations, we take it upon ourselves to find happiness outside of God's will. We begin a never-ending pursuit of perfection. When we inevitably fail, we become overpowered with feelings of failure and guilt. This Psalm is a reminder that we serve, not because we are perfect, but because of God's mercy in using sinners for His glory. Our value is measured by God's standards; we must look to Heaven to find our true worth. Our forgiveness and the promise of Heaven is our greatest sources of hope. The only antidote to perfectionism is a deep understanding of grace.

**Philippians 3:1-9** As most others, I struggled my whole life with confidence of the flesh. In my case, I measured my worth by my weight. I've spanned the spectrum of anorexia and obesity... and everything in between. I justified my choices as trying to keep the temple of God healthy, but my true motive was vanity. I was consumed with having the approval of others; that desire transcended all my behavior and infiltrated every aspect of my life. I wanted everybody to love me. In this passage, Paul explains the fruitlessness of such endeavors. It is only through Christ we find our true identity and worth. His is the only opinion that matters. Although I still struggle, as a child of God I realize my value comes from God's view of me, and He sees me as righteous, loved, and redeemed, through the sacrifice of Christ Jesus.

**Romans 5:8** Living in a first-world country, we are expected to obtain a certain level of "success". Somehow, we believe perfection translates into power, confidence, happiness, and security. But in reality, striving for earthly perfection only steals our joy and hardwires our brains to have a more negative view of life. We end up frustrated and discontented. Our worldly desires keep us from concentrating on our true purpose. It hinders our relationship with Christ and blinds us with a sense of false security. In Romans 5:8, Paul reminds us that we were rescued when we were enemies of God. Therefore, we are not loved based on our performance. Jesus traded his perfection for our imperfection. When we turn our attention to God's promise, we discover His unique plan for our lives. Seek joy in God's sovereignty; He is the author of our lives and has plans to prosper us.

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