

## **AND YOU THINK YOU'VE GOT PROBLEMS**

*A Study of First Corinthians*

### **GETTING OFF THE PERFORMANCE TREADMILL**

*1 Corinthians 15:8-10*

*Jeff Schreve*

*For I am the least of the apostles, and not fit to be called an apostle, because I persecuted the church of God. **But by the grace of God I am what I am**, and His grace toward me did not prove vain; but I labored even more than all of them, yet not I, but the grace of God with me. 1 Corinthians 15:9-10*

**Do you struggle with a performance-based acceptance when it comes to your relationship with God?**

#### **1. Many people are caught in the trap of perfectionism.**

A. Are you an idealist or a realist?

B. Do you set unattainable goals?

*"I will not drive them out before you in a single year, that the land may not become desolate and the beasts of the field become too numerous for you. I will drive them out before you little by little, until you become fruitful and take possession of the land."*

*Exodus 23:29-30*

C. Do you have to be the best in order to be happy?

D. Do you think God is more pleased with service than love?

*But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her." Luke 10:41-42*

E. Do you dwell on failure rather than learn from it?

*... but one thing I do: **forgetting** what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Philippians 3:13-14*

**2. Perfectionism is a miserable existence.**

- A. It steals your peace, joy, and satisfaction.
- B. It affects your relationship with God.
- C. It hurts your family.

**3. Perfectionism is defeated by God's grace.**

- A. God accepts you by His grace, not your performance.
- B. God wants you to labor from acceptance, not for it.  
*... and His grace toward me did not prove vain; but I labored even more than all of them, yet not I, but the grace of God with me. 1 Corinthians 15:10*

**Will you get off the treadmill and enjoy a life of grace?**