

Overcome Perfectionism and Mind Control - Part 2 - WORKSHOP

A. Overcome Perfectionism.

1. Matt 5:48 (AMPC) You, therefore, must be **perfect [growing into complete maturity of godliness in mind and character**, having reached the proper height of virtue and integrity], as your heavenly Father is perfect.
2. **Reminder that “perfect” means being mature like when fruit matures and is ready.**
It does not mean unhealthy perfectionism, which is not a godly character.
3. **Unhealthy perfectionism can make it difficult to achieve your goals. It can also lead to:**
 - a. Worry
 - b. Anxiety
 - c. Panic
 - d. Extreme stress
 - e. Procrastination
 - f. Depression
 - g. Narcissism
 - h. Low self-esteem
 - i. Unworthiness
 - j. Isolation
 - k. Pushing others away
 - l. Overly detailed
 - m. Overly critical and rigid
 - n. Failed expectations of others because of unmet unrealistically high standards
 - o. A fear of judgment or disapproval from others
 - p. Obsessive compulsions
 - q. Defensiveness when faced with correction or constructive criticism
 - r. Feelings of inadequacy
 - s. Has a need for control, connects self-worth to achievements
 - t. Slower performance
 - u. Achieves less and stresses out more
 - v. **Fear of failure**
 - w. **There are many other negative outcomes**

4. **You are NOT a failure.**
 - a. Like Thomas Edison, failures are ways to learn what does not work and pray to discover what does work.
 - b. A godly good dad should also learn to deal with perfectionism in himself, in his family, co-workers, staff, or employees.
 - This information was extracted from an online psychology article: [Verywellmind.com/signs-you-may-be-a-perfectionist](https://www.verywellmind.com/signs-you-may-be-a-perfectionist).
5. Gal 5:22 But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, 23 humility, and self-control.
6. A Scriptural Remedy to Perfect Godly Character:
 - a. 2 Cor 10:5 (GNT) We pull down every proud obstacle that is raised against the knowledge of God; we **take every thought captive** and make it obey Christ.
 - b. **Affirm: In the Name of Jesus, I have the mind of Christ; and what is not in the mind of Christ, I choose not to dwell on those thoughts. Therefore, I will not dwell on perfectionism.**

B. Overcoming Mind Control Spirits.

Pray these affirmations multiple times during the day:

1. **Confess Sins** – 1 John 1:9 or deal with **Unaware Sins Prayer (USP)**.
2. Invite the Spirit of God to Fall Fresh to Rest and Remain on You – Isaiah 11:2.
In the Name of Jesus (NOJ), **the Spirit of the Lord rests** upon me with the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord, making me of quick understanding and be a faster, better learner.
3. Affirm 1 Cor 2:16.
In the NOJ, I have the **mind of Christ**.
4. Affirm Gal 2:20.
In the NOJ, I have been crucified with Christ, nevertheless I live, yet not I, but **Christ lives in me**. And the life which I now live in the flesh, I live by the faith of the Son of God, Who loved me and gave Himself for me.
5. Affirm Rom 6:11.
In the NOJ, **I reckon myself dead to sin but alive unto God through Christ Jesus, my Lord** (boss).

6. Affirm 2 Cor 10:5.

In the NOJ, **I cast down imaginations** and every high thing that exalts itself against the knowledge of God and **bring into captivity every thought to the obedience of Christ.**

7. Affirm Rom 12:2.

In the NOJ, **I am not conformed to this world, but I am transformed by the renewing of my mind to the Word of God and to the mind of Christ.**

8. Affirm Ex 20:3.

In the NOJ, **I will have no strange gods nor idolatrous thoughts** that contradict the Bible before my Heavenly Father.

9. Throughout the day, compare every thought to the Bible. If it **contradicts the Bible, treat it as a sin and CRRB** it (i.e., Confess, Repent, Renounce, & Break).

C. Additional Prayers to Overcome Perfectionism and Mind Control.

1. **In the Name of Jesus, I yield and submit myself to God**, I choose to stay in **peace**, God **prosper me, good comes to me daily**, for I **humble** myself to God, and He **builds me up and restores me.**

Job 22:21-26 (Amplified Bible)

21 Now yield and submit yourself to Him [agree with God and be conformed to His will] and be at peace; in this way [you will prosper and great] good will come to you. 22 Please receive the law and instruction from His mouth and establish His words in your heart and keep them. 23 If you return to the Almighty [and submit and humble yourself before Him], you will be built up [and restored]; if you remove unrighteousness far from your tents, 24 And place your gold in the dust, and the gold of Ophir among the stones of the brooks [considering it of little value], 25 and make the Almighty your gold And your precious silver, 26 Then you will have delight in the Almighty, and you will lift up your face to God.

2. **In the Name of Jesus, I continually submit to God and I am subject to Him**; therefore, I am **able to resist the devil** and **stand firm against him.**

As a result, the devil now **flees from me**, so I can always **come close to God** because I am **penitent, purified**, and **humble**. In addition, **God exalts me, lifts me up**, and makes my **life significant** (to glorify the Lord).

James 4:7-10 (AMPC)

7 (NKJV Therefore submit to God.)...(AMPC) be subject to God. Resist the devil [stand firm against him], and he will flee from you.

8 Come close to God and He will come close to you. [Recognize that you are] sinners, get your soiled hands clean; [realize that you have been disloyal] wavering individuals with divided interests, and purify your hearts [of your spiritual adultery]. 9 [As you draw near to God] be deeply penitent and grieve, even weep [over your disloyalty]. Let your laughter be turned to grief and your mirth to dejection and heartfelt shame [for your sins]. 10 Humble yourselves [feeling very insignificant] in the presence of the Lord, and He will exalt you [He will lift you up and make your lives significant].

3. **In the Name of Jesus, I humble myself and I set aside pride, so that God will exalt and promote me when I cast all my cares, anxieties, worries, and concerns on Him for He cares for me and watches over me carefully.**

1 Peter 5:6-7 (Amplified Bible)

6 Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] (MSG Bible: and will promote you) at the appropriate time, 7 casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].