

*And if the bugler doesn't sound a clear sound, how will the soldiers know they are being called to battle?*

1<sup>st</sup> Corinthians 14:8 NLV

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First Love Ministries, Inc.

Prayer Study #159

## **PERFECTIONISM: AN UNGODLY STRONGHOLD EXPOSED**

*Be ye, therefore, perfect, even as your Father who is in heaven, is perfect.* Matt 5:48  
Webster defines *perfect* as *entirely without fault or defect*. Yet almost all the Greek and Hebrew words that are translated *perfect* in the Bible do not mean *without fault or defect*. Rather, they mean *complete, to be made ready, finished*. In fact, I believe that trying to walk in self-perfectionism, as Webster defines it, can be an ungodly stronghold in a person's life. Certainly we are to do everything at our best, as unto the Lord, but those who attempt to walk in their own perfectionism forget that none of us is righteous except through the blood of Jesus Christ. We know that **ALL** have sinned and fallen short of the Glory of God (Romans 3:23). Therefore, those who have a perfectionist nature are not given this by the Lord and are most likely in some kind of torment. There are least 6 sources of torment:

1. **Demons**-We deal with this through Deliverance Ministry.
2. **Iniquity Drives**-We deal with iniquities through continued prayer until we sense freedom from the drive. We ask the Lord to cause the iniquity to pass from us and clothe us with a change of garments (Zechariah 3:4). We can also ask the Father to "subdue" them (Micah 7:19). They normally do not go with one prayer in a moment of time but must be dealt with over and over until they no longer drive us.
3. **Generational Curses**-We deal with curses through prayer and sometimes fasting and through confessing that Jesus became a curse for us. (Thus, we can be cut off from curses.) (*Christ hath redeemed us from the curse of the law, being made a curse for us; for it is written, Cursed is everyone that hangeth on a tree.* Galatians 3:13)
4. **Trials and Tribulations**-We deal with trials and tribulation through prayer and praise and by *Counting It All Joy* (James 1:2).
5. **Wounded Spirit**-We deal with a wounded spirit by allowing the Holy Spirit to take us back to the cause of our wound, forgiving, & allowing the Lord to heal our broken heartedness. (Luke 4:18)
6. **Chastening of the Lord**-We deal with the chastening of the Lord by endurance and patience and by recognizing that this is for our good. (*For whom the Lord loveth, he chasteneth and scourgeth every son whom he receiveth. If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not? .... Now no chastening for the present seemeth to be joyous, but grievous;*

*nevertheless, afterward it yieldeth the peaceable fruit of righteousness unto them who are exercised by it. Wherefore, lift up the hands which hang down...Galatians 12:6-7 &11-12a)*

### **Sources of Ungodly Perfectionism**

1. If it is demonic, it generally is rooted in the Spirit of Fear. This spirit often advances to show four characteristics in a person:
  - a) Hyper-criticalness, which usually ends in depression-This person is critical beyond reason and over-ridged and over-exact;
  - b) Being an Introvert and showing little warmth, engagement, or emotion in group settings;
  - c) Perfectionism, always striving and also setting a standard so high for others which neither the perfectionist nor the others can reach;
  - d) Becoming Reclusive, putting up walls and curtailing contact with others. This is dangerous and the scripture warns us that we must not forsake the assembling of ourselves together, especially as we see the Last Days come. (*Not forsaking the assembling of ourselves together, as the manner of some is, but exhorting one another, and so much the more as ye see the day approaching. Hebrews 10:25*)Perfectionism can also be rooted in a Spirit of Haughtiness and in a Lying Spirit which drives one to strenuous efforts that exhaust the body and in a man pleasing thing that makes one strive to be perfect to look good before men.
2. If is an iniquity drive, it is rooted in at least two of the five *I WILL* statements by Satan in Isaiah 14:12-17. One is *I WILL EXALT MY THRONE ABOVE THE STARS OF GOD*. This iniquity drive is the root cause of competition and attempts to drag others down and climb above others in all areas. It causes the one so afflicted to gossip and slander others and to “toot his own horn” and work for praise so that he can be seen as perfect among his peers. The second drive is *I WILL BE LIKE THE MOST HIGH*. This one demands that the one afflicted be recognized as God and be exalted above the stars (others). It causes men to fight and strive and murder to prove that they are right and more perfect and are entitled to be regarded as above all others. It always drives the afflicted to try to get his own way and win every argument. Those with this iniquity drive always try to blame others for their own lack of perfection. Both of these iniquity drives generally lead to a Spirit of Haughtiness rooted in pride and will eventually lead to a major downfall and shame (*Pride goeth before destruction, and an haughty spirit before a fall, Proverbs 16:18, and When pride cometh, then come shame.... Proverbs 11:2a*)

3. If it is a generational curse, it is passed down the ancestral line and most often can be seen as “like father, like son.” Generational curses can be cut off!!!

**I believe that trials and tribulations and the chastening of the Lord are not sources of perfectionism. Indeed the Lord often uses these things to break His people of this type of striving.**

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According to Finis Jennings Dake, a Christian, based on the 5<sup>th</sup> chapter of Matthew, must be the following:

1. Broken in spirit, burdened for others, humble, hungry for righteousness, merciful, pure in heart, wise, patient, loving, joyful and gracious.
2. Salt to preserve and a light to shine.
3. A teacher and keeper of truth.
4. Free from hypocrisy, selfishness, and grudges.
5. A peacemaker.
6. Free from lusts
7. A family man
8. Truthful
9. Nonresistant to mistreatment
10. Charitable and neighborly

No where does it call us *to be entirely without fault or defect*. Furthermore, we know that we could not even do these 10 things without the following:

1. The new birth(2<sup>nd</sup> Corinthians 5:17; 1<sup>st</sup> John 2:29; 3:5-10; 5:1-2 & 18)
2. Walking and living in the Spirit (Romans 8:1-13; Gal 5:16-26)
3. Proper use of Christian weapons (2<sup>nd</sup> Corinthians 10:4-7; Ephesians 6:10-18; Colossians 2:6-10; 3:3-10; 2<sup>nd</sup> Timothy 2:21)

It is not our perfection, but His blood & His grace that allows us access to His throne!

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**Fruit of the Stronghold of Perfectionism**

1. **A God Complex** –I believe my own lie that I are perfect and better than others.
2. **The Blame Game**- It is your fault that I am not perfect.
3. **Rejection**-If a person cannot accept himself as God made him, and has a perfectionist nature, he begins to walk in rejection and bitterness and often rebellion. He strives to be perfect to be accepted and fears being seen as a failure or a disappointment to others or to themselves.
4. **Pride**-I am better than others and cannot be real and let them see any imperfections.
5. **Insecurity**-I am suppose to be perfect and know I am not.

6. **Resistance**-I will sit on my God-given gifts and not attempt anything that might reveal to others my imperfections.
7. **Suicide**-I can never be perfect so I might as well kill myself since I am nothing but a failure.
8. **Shame**-(see scriptural characteristics that follow)

SHAME: Some Scriptural Characteristics

1. **Confusion:** *We lie down in shame, and our confusion covers us; for we have sinned against the Lord, our God, we and our fathers, from our youth unto this day and have not obeyed the voice of the Lord, our God.* Jeremiah 3:25
2. **Lack of the Lord's Glory:** *As they were increased, so they sinned against me; therefore, will I change their glory into shame.* Hosea 4:7
3. **Sense of forsakenness, of no longer connection to the Lord:** *Fear not, for you shall not be ashamed, neither be our confounded; for you shall forget the shame of your youth and shall not remember the reproach of your widowhood any more.* Isaiah 54:4
4. **Unproductive for the Lord:** *He that gathereth in summer is a wise son, but he that sleepeth in harvest is a son that causeth shame.* Proverbs 10:5
5. **Rebellion, refusal to submit to authority:** *Poverty and shame shall be to him that refuseth instruction, but he that regardeth reproof shall be honored.* Proverbs 13:18
6. **A Proudful Spirit:** *When pride comes, then comes shame, but with the lowly is wisdom.* Proverbs 11:2
7. **Lack of Righteousness:** *I counsel you to buy of Me gold tried in the fire, that you may be rich, and white raiment that you may be clothed, and that the shame of your nakedness do not appear, and anoint your eyes with salve that you may see.* Revelation 3:18
8. **Pain:** *Turn unto me, and have mercy upon me; for I am desolate and afflicted. The troubles of my heart are enlarged. Oh bring thou me out of my distresses. Look upon mine affliction and my pain and forgive all my sins. Consider mine enemies; and they hate me with cruel hatred. Oh, keep my soul and deliver me; let me not be ashamed...* Psalm 25:16-20
9. **Feeling of not belonging (in certain groups especially)**-Woman with the Alabaster Jar: *And being in Bethany in the house of Simon the leper, as he sat eating, there came a woman, having an alabaster box of ointment of spikenard, very precious; and she broke the box*

*and poured the ointment on his head. And there were some that had indignation within themselves, and said, Why was this waste of ointment made? For it might have been sold for more than three hundred denarii and have been given to the poor. And they murmured against her. Mark 14:3-5*

**10. Feeling of unworthiness-**The Prodigal Son: *I will arise and go to my father and will say unto him, Father, I have sinned against heaven and before you and am no longer worthy to be your son; make me as one of your hired servants. Luke 15:18-19*

**11. Longing to die:** *But it displeased Jonah exceedingly, and he was very angry. And he prayed unto the Lord and said, I pray thee, O Lord, was not this my saying, when I was yet in my country? Therefore, I fled before me unto Tarshish; for I knew that thou art a gracious God and merciful, slow to anger, and of great kindness and repentest thee of the evil. Therefore now, O Lord, take I beseech thee my life from me, for it is better to die than to live. Jonah 4:1-3*

**12. Rejection and Isolation-**Woman at the Well: *Then saith the woman of Samaria unto him, How is it that you, being a Jew, ask drink of me, who am a woman of Samaria? For the Jews have no dealings with the Samaritans. John 4:9*

### **How to Overcome Ungodly Perfectionism (or any spiritual problem)**

- 1. Recognize what the problem is and ask the Lord to reveal to you whether it involves the demonic or is an iniquity or generational curse.**
- 2. Ask for ministry in the appropriate area, i.e. deliverance or prayer ministry.**
- 3. Pray:** *Is any among you afflicted? Let him pray...James 5:13*
- 4. Confess your faults one to another:** *Confess your faults one to another...James 5:16*
- 5. Repent of any wrongdoing:** *Repent, therefore, of this your wickedness, and pray God, if perhaps the thought of thine heart may be forgiven you, for I perceive that you are in the gall of bitterness and in the bond of iniquity. Acts 8:22-23*
- 6. Let go of the past:** *Remember not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall you not know it? I will even make a way in the wilderness and rivers in the desert. Isaiah 43:18-19*

7. **Speak life over yourself:** *You art snared by the words of your mouth...Proverbs 6:2      Death and life are in the power of the tongue...Proverbs 18:21*
8. **Forgive YOURSELF AND OTHERS:** *And when you stand praying, forgive, if you have anything against any, that your Father also, who is in heaven, may forgive you your trespasses. But if you do not forgive, neither will your Father, who is in heaven, forgive your trespasses. Mark 11:25-26*
9. **Praise Him:** *Violence shall no more be heard in your land, wasting nor destruction within your borders, but you shall call your walls Salvation and your gates Praise. Isaiah 60:18*
10. **Confess What the Lord Says in His Word About You:** *My friend Pat Carver compiled this list before she went to be with the Lord: New Creation, Heir of God, Joint-Heir with Jesus, One with the Word, Righteousness of God in Christ Jesus, In perfect health, Chosen One, Blessed with every spiritual blessing, Standing and acting on the Word, Doer of the Word, Free from law and tradition, Free from want, In favor with God and man, Saved, Redeemed, Sanctified, Forgiven, Eternal, Resurrected with Him, Victorious in All Things, Cleansed from all unrighteousness, More than a conqueror, Abiding in Him, Carefree, Oak of Righteousness, Wealthy in all things, Part of His Body, Having no lack in anything, Set apart, Peculiar, A Gift, Salt, A Believer, A Branch of the Vine, High and Lifted Up into Heavenly Places, An Overcomer, Loving, Redeemed from the Curse of the Law and Its Ability to Rule You, Forgiving, Full of Joy, Tenderhearted, Delivered from Evil, Far from Oppression and Fear, Blessed of the Father, Temple of the Holy Spirit, Single-minded to His Word, Strong in Him and the Power of His Might, A Faith Being, Walking in Victory, Healed, Steadfast, Reigning in Life, Speaking Faith-filled Words, God-inside Minded, Pulling Down Enemy Strongholds in Jesus Name, Beloved in the Brethren, Complete in Him, Bearing Fruit that Remains, Well-grounded in the Word, Living an Abundant Life in Him, Rejoicing in Each Day, Peaceful, Casting Down Any Thoughts Contrary to His Word and Thinking on All Those Things that are Pure, Lovely, Honest, and of Good Report, Clad in His Full Armor and Trusting in His Ability.*

**My Challenge to You: Confess #10 out loud everyday this week!**