FREEDOM FROM PERFECTIONISM

Lord Jesus, I thank You for loving me just as I am. Even at my worst, I have perfect acceptance with you. No matter how hard I try and how well I do, I cannot make you love me more. Because your love toward me is already perfect, I cannot add to it by anything I do. Even straight A's will not make you love me more! And, straight failures cannot make you love me less! You granted me your total and final approval the day I received You as my Lord and Saviour. Even as a child who did not know You, Your arms of approval were always stretched out towards me.

As Your child, You love me for who I am, not for what I can do. Please forgive me for refusing to accept Your perfect approval of me by believing I must add something to gain it. In doing this I have sinned against You and declared that Your acceptance is not perfect at all!

Please forgive me for every thought or action I have taken in an attempt to increase Your approval of me. I repent of not accepting Your perfect approval as it is — PERFECT!

Thank You for Your unconditional love toward me as Your child – I will never doubt or reject it again in Jesus name, Amen.

