

Heart of Perfection – Session One – September 23, 2020

Summary Notes

Perfectionism is actually a form of idolatry in which I see myself as god rather than allowing God to guide my life.

Perfectionism leads to comparison, discouragement, resentment, addiction to control, harshness, lack of joy, shame. It can cause me to live in a world of “should’s”.

Surrendering my perfectionism and allowing God to save me will enable me to know true joy, humility, forgiveness of myself and others.

Saint Jane de Chantal

- Model of one who grew from perfectionism to true gentleness
- Came to a clearer understanding of the need for self-denial; the best penances are not the ones we choose but the ones that choose us.
- Came to realize how her perfectionism affected others and caused them anxiety AND how her gentleness helped them to experience peace, calm, acceptance and forgiveness.

Helpful prayers:

- Jesus, meek and humble of heart, make my heart like Yours.
- [Litany of Humility](#)