**Small Group Ministry**

**Group Session Plan**

**Perfection**

**Opening Words**

If we worship beauty, we will fear aging.

If we define ourselves by achievement, the whole of our life will be a test.

Christina Feldman

**Check-in/Sharing**

**Topic/Activity**

Christina Feldman writes in *The Quest of the Warrior Woman*:

"Throughout our lives we receive the message that perfection exists and that for our existence to be worthy and significant we must dedicate ourselves to its attainment. The striving for perfection may bring applause; it rarely liberates. [Instead] the pursuit of goodness and the fear of not being good enough deprive us of authenticity, which leads to malnutrition of our spirit."

1. What images of perfection have you inherited from your parents, your peers, your religion, the media?
2. Which of these images of perfection haunt your life?
3. What would happen if you let go of the quest for perfection?

**Likes and Wishes**

**Closing Words**

And when the soul reaches the stage

At which it pays little attention to praise,

It pays much less to disapproval;

[I]t rejoices in this [freedom]

And finds it a very sweet truth.

Saint Teresa of Avila

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