

The Real Reason You Feel You Can Never Measure Up

Do you feel stretched beyond measure and constantly tired? Do you feel like no matter what you do, you just can't seem to measure up? Are you a perfectionist who has a hard time letting go of something unless it is completely flawless?

Maybe you've experienced this yourself—the voice that demands that you work harder, accomplish more and perform better to achieve a sense of well-being and worthiness. Even when you're doing well, you feel that you have to be “more,” and in times when you experience failure, your whole world falls apart.

The worst part about living like this is that your heart is often in the right place, and you want to be free but don't know how. This is the fruit of a life that is governed by performance, and it is the opposite of a solid identity.

Perfectionism vs. Excellence

Living life under a performance mentality is exhausting! However, Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matt. 11:28-30).

So what does that practically look like? How do you shift from walking in performance to living a life of rest?

Revival rest is operating out of a sense of worthiness and well-being because of what Christ already purchased for us on the cross. He worked to secure our love, acceptance, and approval so that we don't have to. “It is finished” (John 19:30b).

That doesn't mean that we don't work, serve and pursue

excellence. No, grace actually empowers us to fulfill our destiny! Grace enables us to do more work, accomplish more, perform better and serve faithfully without striving—without working for approval.

Revival rest is:

- Working from love rather than for love.
- Working from acceptance rather than for acceptance.
- Working from approval rather than working for approval.
- Working from identity rather than for a destiny.

At the end of the day, if you want to break free from perfectionism and performance you must understand that you are a child of God. As His son or daughter, you have everything you need—all of the love, acceptance, provision and approval that you'll ever desire is found in your connection to your loving Father.

A New Way of Living

I want to encourage you to rest in the grace of God today, released from the slavery of perfectionism and free to rest while you work.

Why not start today on a new page? Let's get rid of the conditions we place on ourselves like, "If only I did this/ had that/ looked like them/ had their gifting/ and so forth, then I would be accepted."

If you have any unhealthy "Ifs" running around in your mind then replace them with a confident "I am" statement. Try, "I am accepted/ I am loved/ I am protected/ I am beautiful/ I am confident..."

Do you struggle with performance and perfectionism? How do you work through this to walk in your identity as a child of God? I'd love to hear what you're thinking and any wisdom you have to share in the comments below. {eoa}

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