



Helping Kids Let Go of Perfectionism God's Way

When You Feel You're Not Enough

Lesson Aim

Kids will understand that God does not ask for perfection but for trust in Him. They will learn that their value comes from being loved by God, not from what they achieve.

Scripture Focus

- “And Jesus, looking at him, loved him and said to him, ‘You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me.’” (Mark 10:21, *ESV*)
- “My grace is sufficient for you, for my power is made perfect in weakness.” (2 Corinthians 12:9, *ESV*)

Connect

- **Connection Point:** Ask: “Have you ever tried really hard to do something “just right,” like drawing a picture, building with blocks, or finishing homework, and felt upset when it didn’t turn out perfect? How did that feel?”

Teach

- **Bible Story:** Read or retell the story of The Rich Young Ruler (Mark 10:17-27)

One day, as Jesus was setting out on His journey, a young man ran up to Him. This man was wealthy, respected, and very careful to do everything “right.” He knelt before Jesus and asked, “Good Teacher, what must I do to inherit eternal life?”

Jesus reminded him of the commandments—do not steal, do not lie, honor your parents, and more. The young man said, “I’ve kept all these since I was young.” He thought he had done everything perfectly.

But Jesus looked at him with love and said, “You still lack one thing. Go, sell all that you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”



Church Lesson | Perfectionism

The man became very sad. Even though he wanted to please God, he couldn't let go of his wealth and the picture of being "perfect" in the eyes of others. Jesus then told His disciples, "How difficult it is for those who have wealth to enter the kingdom of God!" The disciples were shocked, but Jesus reminded them, "With man it is impossible, but not with God. For all things are possible with God."

This story shows that perfection in following rules isn't what saves us—what matters most is trusting Jesus and letting Him be first in our lives.

- **Discussion Questions:**

1. Why do you think the rich young ruler walked away sad?
2. What does this story teach us about trying to be "perfect?"
3. How can we remember that God's love isn't based on what we achieved?

- **Explain:**

- God doesn't ask us to do everything perfectly—He asks us to follow Him with our whole heart.
- Our value doesn't come from what we achieve, but from who we are in God's eyes—His beloved children.

Model

- **Teacher shares:** a personal story of a time when you felt pressure to get everything just right—at work, at home, or in ministry—and how God reminded you that His grace is enough.
- **Student activity:** Invite kids to play Charades (a child trying to draw a perfect picture, someone playing a game and missing the winning shot, or a student making a mistake on homework.) After each scenario, ask how the person might remember God's love in that moment. Kids can also draw them in Pictionary-style sketches.

Pray

- "Dear God, thank You that we don't have to be perfect for You to love us. Help us to follow You with our hearts, even when we make mistakes. Teach us to trust that Your grace is enough. Amen."

Craft/Activity

- Provide kids with a simple heart cutout. On one side, have them write or draw something they feel they must do "perfectly" (like schoolwork, sports, or being liked). On the other side, have them write or draw "God loves me as I am." Encourage them to decorate the heart as a reminder that God values love over perfection.

Key Takeaway

- God wants hearts that love him, not perfection.