



Helping Kids Let Go of Perfectionism God's Way

When You Feel You're Not Enough

Raising Christ-Centered Kids | Feelings | Perfectionism

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"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"
(2 Corinthians 12:9, *ESV*)

Key Takeaway

God wants hearts that love Him, not perfection.

The Biblical Meaning of Perfectionism

Perfectionism makes us think God expects flawless behavior, but that's not what Scripture teaches. When Jesus says, "Be perfect, therefore, as your heavenly Father is perfect" (Matthew 5:48), the word points to being whole and complete, not without mistakes. God wants hearts that are devoted to Him, not lives that never stumble.

The Bible reminds us that His grace covers what we cannot. "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9). Instead of demanding we meet impossible standards, God invites us to bring our whole selves—successes, failures, and all—into His love. God cares more about a heart that loves Him than about getting everything right.

Understanding Perfectionism: When You Feel Like You're Not Enough

Many kids feel pressure to always get it right—on the test, in the game, or with their friends. When they fall short, they may hear a voice inside whispering, "You're not enough." That feeling is heavy, and it can make them want to try even harder, thinking one more effort will finally prove their worth.

But God says something different. He calls each child "fearfully and wonderfully made" (Psalm 139:14). Their worth doesn't come from grades, trophies, or applause—it comes from being His child. When kids learn to rest in that truth, they can let go of striving for perfection and find



peace in being loved as they are. Mistakes don't make them less valuable; they are moments to remember that God's love never fails.

Practical Steps: How to Overcome Perfectionism

1. **Say the Truth Out Loud** — When you feel like you're not enough, stop and remind yourself: "God made me. God loves me. That's enough." Speaking truth breaks the power of the lie.
2. **Celebrate Trying, Not Just Winning** — Notice the courage it took to raise your hand in class, join the game, or start a project—even if it didn't go perfectly. God smiles when you try with a willing heart.
3. **Turn Mistakes into Prayers** — Instead of hiding mistakes, bring them to God: "Lord, I messed up. Thank You for loving me anyway. Help me learn and grow."
4. **Practice "Good Enough" Moments** — Do one thing without re-doing it ten times. Leave the drawing a little messy or let the bed stay "almost made." Remind your child that God doesn't need perfect to use it for good.
5. **Thank God for Who You Are** — End the day by naming one thing you're thankful for about yourself—not something you did, but who you are. This trains the heart to rest in God's love.

Scripture for Parents and Kids

- "My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9, *ESV*)
- "I praise you, for I am fearfully and wonderfully made." (Psalm 139:14, *ESV*)
- "He who began a good work in you will bring it to completion at the day of Jesus Christ." (Philippians 1:6, *ESV*)

Encouragement for Parents

Perfectionism doesn't just weigh on kids—it can weigh on us as parents too. Sometimes we want our children to shine so brightly that we forget they're still learning, still growing, still human. God never asked us to raise perfect kids; He calls us to raise loved ones. When you cheer your child on in the middle of their "almost" moments, you're giving them a glimpse of God's heart—a love that celebrates progress, not perfection.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Ask your child to share one thing they didn't get "perfect" today.
- **Teach:** Remind them that God's love isn't based on grades, trophies, or applause.
- **Model:** Share a mistake you made and how you handled it with God's help.
- **Pray:** "Lord, thank You that we are enough because You love us. Help us rest in Your grace."