



Helping Kids Let Go of Perfectionism God's Way

When You Feel You're Not Enough

Learning Objectives

By the end of this lesson, students will be able to:

1. Explain that God does not require perfection but wants us to trust Him.
2. Recognize the difference between seeking approval from people and receiving love from God.
3. Practice ways to let go of perfectionism and rest in God's grace.

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*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: "Have you ever worked hard to do something 'just right' like a project, test, or game and still felt it wasn't good enough? How did that make you feel?"
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

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

One day, a young man who was very wealthy came running to Jesus. He wanted to know how to live forever with God. Kneeling before Jesus, he asked, "Good Teacher, what must I do to inherit eternal life?" Jesus told him about the commandments, and the man replied, "I've kept all these since I was young." He thought he had done everything right.

Jesus looked at him with love and said, “You still lack one thing. Sell what you have, give to the poor, and come follow me.” But the man walked away sad because he didn’t want to let go of his wealth. Jesus told His disciples that it is hard for people who trust in riches to enter God’s kingdom. But He reminded them that what feels impossible for us is always possible with God.

- **Discussion Questions:**

1. Why do you think the rich young ruler walked away sad?
2. What was Jesus teaching him about being “good enough”?

- **Explain:**

- God doesn’t ask us to be perfect—He asks us to follow Him.
- Our value isn’t in what we own or do, but in being God’s children.

- **Assessment:** Teacher checks understanding through answers and engagement.

3. Model (7 min)

- **Teacher shares:** a personal time you felt pressure to be perfect (work, home, or school) and how God reminded you His grace is enough.
- **Student activity:** Invite kids to role-play short scenarios like missing a test question, dropping the ball in a game, or making a messy drawing. After each, pause to ask: How can we remember God’s love here? Or play “Perfectionism Pictionary,” where kids sketch everyday slip-ups (spilled drink, sloppy handwriting, missed shot) for classmates to guess.
- **Assessment:** Teacher notes student engagement and ability to apply God’s truth to examples.

4. Pray (2-3 min)

- “Dear God, thank You that You love us even when we are not perfect. Help us remember that following You matters more than doing everything just right. Teach us to rest in Your grace. Amen.”
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** God wants hearts that love Him, not perfection.
- **Student Reflection:** Invite students to share one area where they feel pressure to be perfect and one way they can trust God instead.
- **Teacher closes:** Remind students that God’s love is never earned—it is a gift.
- **Assessment:** Teacher notes student responses for understanding and encouragement.

Optional Extension: Independent Practice

- Students can write or draw one “perfection pressure” they face on one side of a paper. On the other side, they write or draw a truth from Scripture (like “God’s grace is enough” or “I am wonderfully made”).