Hello and happy Sunday. I just realized I haven't popped on to do a Sunday faith pace live in a long time, just been doing cooking and recipes or cooking show or whatever you want to call it. Just wanted to pop on and do a little quick live on perfection, and ignore the white paint in the background. We were trying to pick out new colors and now there's little blobs everywhere. Okay. So, I want to talk about perfection because perfection is pretty much the overarching theme in my book, Eat the Cookie, that just came out. So, I wanted to give you two questions to ask yourself when you're dealing with perfection. So, I think as women, a lot of us struggle with this need to be perfect, whether that be the perfect mom or the perfect wife, or have the perfect body, or be a CEO of a company.

We are told by culture that we have to be perfect, and I don't understand why we listen to this because the Bible says that only God is perfect and he doesn't hold us to perfection because we can't be like, God. But as women, we still do this. We still feel this need to be perfect. So, I wanted to give you two really actionable questions that you can ask yourself when you're feeling this like, "Oh, I wish I was more perfect in this" that can really help you let go of perfection and pursue excellence, which actually is a lot different, and I explain the difference between perfection and excellence in my book, Eat the Cookie. So, we're not going to go into that right now, but I wanted to give you two actionable questions that you can ask yourself to ditch perfection to the curb.

So, number one is, I'm reading my book, why do I feel the need to be perfect in this area? So, in my own walk, if you guys have followed me for any sort of time, you'll know that I had an eating disorder and I really struggled with body image and needing to have this perfect body for so long. So, that was really where I struggled and really where I felt this need for perfection. So, if I'm really being honest with you and with myself, when I ask myself this question of why do I feel the need to be perfect, it was because I truly thought that if I had more leanness or more [musclyness 00:01:58] or a six-pack, or like whatever, the perfect body, the world would find me more worthy and more valuable and more attractive. So, it wasn't just because I wanted to have a perfect body.

It was because of what I thought this perfect body represented. So, this could be, if you don't struggle with the perfect body, what do you think you're actually getting from being the perfect mom or the perfect wife or the perfect business owner? Because it's less about actually getting that thing. It's less about having the body, it's less about being the best wife, the best mom, and it's more about what you think that will bring you. So, that's your first question to ask yourself. What do I think that being perfect in this area or having this perfect thing will bring me? Then, your second question is, what has striving for this perfection actually brought into my life? So, if we're going back to my example of wanting to have the perfect body and thinking that was going to get me worth in attractiveness, it really brought nothing to my life because I missed all the date nights with my husband.

Couldn't go on them because I was scared of the food. I couldn't ever miss a gym session because I thought that I was going to gain weight overnight. I obsessed about food. I thought about it all the time. Me and my husband fought because I couldn't go out anywhere because all the food was scary or I couldn't miss the gym and we couldn't go on vacation. So, when we're thinking, "Okay, what do we think this is going to bring me?" I thought it was going to bring me worth and value and my husband would be more attracted to me and all these things. Then I actually think, but what did it actually bring me? It brought me none of those things. None of those things that I thought it was going to bring me because my husband didn't find me more attractive because I was miserable all the time and grumpy. I felt less worthy and less valuable because I was trying to pursue perfection.

So, you really need to go deep and almost be like your own therapist and go, "Okay, what do I think having this perfect thing will bring me? And then what does it actually bring into my life?" Because me trying to have the perfect body brought nothing. Literally no good things other than the fact that I had a lean body, but that meant nothing because the rest of my life was just crappy. So, those are two questions, and then I wanted to give you just a couple of scripture verses since it is Sunday that I think speak to perfection. So, they're all kind of similar. First one is Psalm 107:9 which says, "He satisfies the thirsty and fills the hungry with good things." I think when we're searching for perfection in whatever way, whether it be body, wife, friend, mothering, whatever, it's because we're really thirsty for God.

So, this verse is saying that he satisfies us, and when we go to God and we try to just rest at his feet and [inaudible 00:04:29] be perfect and letting him be the perfect one in our lives because he is the only thing that is perfect, he will satisfy us. Then, similarly, Jeremiah 31:25 says, "I will refresh the weary and satisfy the faint." Very similar scripture for the same reasons. And then John 6:35 says, "Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty.'" So, again, he is our bread of life. He is our water and everything. We can't thirst for the world and thirst for perfection. We can only thirst and hunger for him, and then we'll be able to lay that perfection at his feet and just pursue excellence.

Like I said, there's a totally big difference between perfection and excellence, which I talk about in my book, Eat the Cookie. So, just a little synopsis of what we do in the book. This is my book, Eat the Cookie. So, in this book, we'll dismantle the perfection pursuit and gain tools to become our healthiest whole selves. We will learn to embrace imperfection, pursue excellence, and learn to love and accept the way God made us and the life that he created for us without comparison, without guilt, and without shame. At the end of each chapter, there are Bible verses, which is what I was reading, just to really help you renew your mind. You can see Bible verses, and then there's also a recipe. You can see a recipe and a workout, which is right there at the end of each chapter. So, it's really just a body, mind, and soul book.

I think one thing that I've always thought is there are a lot of great Christian books that help us renew our mind, and there are a lot of great books that help us eat well and exercise, but we've never really brought it together. So, that's what my book, Eat the Cookie, does. So, I just wanted to give you that food for thought and some scripture verses, and also let you know that I'm hosting a women's health summit in about a week and a half on Tuesday, the 23rd. So, I'm going to have some guest experts who are experts on hormone health, thyroid health, gut health, and also mental health. My old therapist will be there and then a bunch of integrative registered dietician, so you'll learn all about how to ditch PMs, how to heal your gut naturally, how to support your thyroid, and if you're not sure why that's important, your thyroid is your master controller.

If your thyroid is off, you'll have trouble sleeping. You will have trouble losing weight. You'll be gaining weight, whole bunch of bad things. And my mom is also going to be there talking about dealing with children with eating disorders and disordered eating. It's going to be amazing, and when you sign up for the women's health summit, you also get a signed copy of my book, Eat the Cookie, signed very cool for free. So, if you want to join the health summit, there's a link in this video description to join it. If you can't make the live time, there will be a replay sent out. So, if you still want to register, and then you can't make the five o'clock Pacific on the 23rd, still sign up and then you'll get the replay.

So, I hope that you've really got some food for thought from this and you'll ready to just ditch that perfection. Really ask yourself, what is it that you think you're getting from this, and then realize how that might not actually be happening. Just remember that the Lord is the only one that's perfect. He's not calling you to be perfect. He is just calling you to sit at his feet and not hunger and not be thirsty because he is the one that satisfies you. Anyways, I hope you have a great Sunday and I'll see you later.