

**LIFE
on the
RUN**

*Say YES to
PERFECTNESS*

Being Perfect

Be perfect, therefore, as your heavenly Father is perfect.

Matthew 5:48

You must be “perfect” before the Lord your God.

Deuteronomy 5:13

VALUES - COMMITMENTS - BEHAVIORS

“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but keep the oaths you have made to the Lord.’³⁴ But I tell you, Do not swear at all: either by heaven, for it is God’s throne;³⁵ or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King.³⁶ And do not swear by your head, for you cannot make even one hair white or black.³⁷ Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one.”

Matthew 5:33-37

What Do We Value?

SPOKEN VALUES

GOD

SPOUSE

FAMILY

FRIENDS

WORK

RIGHTEOUS THINGS:_____

UNSPOKEN VALUES

CONTROL & SECURITY

COMFORT & PLEASURE (*absence of pain*)

WEALTH & STUFF

WINNING

BEING LOVED & ACCEPTED (*making people happy*)

PRESTIGE & IMAGE

PROGRESS

UNRIGHTEOUS THINGS:_____

Our VALUES define our COMMITMENTS

SPOKEN COMMITMENTS

UNSPOKEN COMMITMENTS

Our COMMITMENTS determine our BEHAVIORS

THOUGHTS

WORDS

PRIORITIES/ACTIONS

Next Steps

Recommended Reading

Choosing to Cheat -- Andy Stanley

Margin -- Richard A. Swenson

Simple Life -- Thom S. Rainer & Art Rainer

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