

One Step at a Time

Perfection can sound terrifying—especially when we make it the standard for our imperfect selves. I mean, everyone messes up sometimes and regrets mistakes. Often, these regrets can help us make necessary changes, but if we spend too much time dwelling on the need to do better and be better, those thoughts can become debilitating. In his article on page 44, Nathan helps us recognize what perfection really is and how we can get there through righteous living, one little thing at a time.

It can also often seem like we're alone in our fight to improve, but we aren't! Heavenly Father and Jesus Christ are here for each of us. If you ever feel like you're not good enough, read Joëlle's article on page 42 about how understanding the Savior's Atonement helped her overcome her perfectionism.

Often, perfectionism can fixate on things like cleanliness, like with Amber's worries, or on aspects of the gospel, like Aaron's struggle to be a man of God (both digital-only articles). But just as these young adults found out, you can still feel the Spirit and be a man or woman of God even if you're not perfect.

Want even more good news? The mandate to "be ye therefore perfect" (Matthew 5:48) might not actually mean what you think it means. Read David's digital-only article to learn some steps for overcoming perfectionism.

As we strive to improve, we need to keep in mind that the Lord wants us to be inspired and uplifted—not dejected. We can be way too hard on ourselves (see my digital-only article) and should remember to be kind to ourselves on our journeys to perfection.

Focus on Heavenly Father and the Savior. They know your divine worth and, over time, can help you become even more than you ever thought you could be. One step at a time.

Sincerely,
Heather Claridge



BEST ADVICE . . .

Young adults share their best advice about overcoming perfectionism:

"I give myself this advice: I'm here to learn to focus on what's important so I can return to Him."

—Paola Vargas, Aguascalientes, Mexico

"Perfect people don't need a Savior. God gives us weakness so we can rely on Christ."

—Mckenna Clarke, Virginia, USA

"At church I learned that perfection doesn't come in this life, but it comes in the next life. Our Savior is a perfect example for us. Follow Him in this life so you can become perfect someday."

—Vennela Vakapalli, Andhra Pradesh, India

What's the best advice you've ever received about forgiveness? Send us your response at liahona.ChurchofJesusChrist.org by September 30, 2019.

ChurchofJesusChrist.org

SHARE YOUR STORY

Do you have an amazing story to share? Or do you want to see articles about certain topics? If so, we want to hear from you! You can submit your articles or your feedback at liahona.ChurchofJesusChrist.org.

ABOUT THE YOUNG ADULT AUTHORS

Joëlle Spijkerman

enjoys laughing and smiling, and she's often overexcited about life. She loves the gospel, kids, and music, and she is currently studying to become a primary school teacher. One of her goals is to share light with everyone around her.



Nathan Read grew up in Tasmania, Australia. He has a bachelor's degree in economic analysis and currently works for the government. Outside of his job and teaching seminary in his ward, he enjoys performing in local musicals and reading good books.



Heather White

Claridge was that kid who slept with a stack of books under her pillow, so naturally she became an editor. She has lived all over the USA, picking up skills (such as Taekwondo and stained glass) as she went. Her favorite season is the fall—mainly for all the crunchy leaves to jump on.



Amber Weston

is a stay-at-home mom of four beautiful children. Her favorite person is her husband and her favorite hobby is bullet journaling. She takes her bullet journal with her everywhere she goes so she can keep track of all the beautiful (and not so beautiful) moments life brings her.

