

THE TEST OF EXCELLENCE [Philippians 1:9-10](#) And this I pray, that your love may abound (i.e., excel) still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; 11 having been filled with the fruit of righteousness which *comes* through Jesus Christ, to the glory and praise of God.

PERFECTION	EXCELLENCE
<p><b>Drains you:</b> It bullies and criticizes you, telling you that you are never quite good enough. You continually strive towards an outcome that doesn't exist.</p>	<p><b>Empowers you:</b> It keeps you focused on what really matters, fills you with energy, value and momentum to keep going.</p>
<p><b>Keeps you locked in fear:</b> You are terrified about making a mistake, getting it wrong, so the focus is on YOU and failure, not on the task.</p>	<p><b>Gives you courage:</b> You are liberated to take risks, because your focus is Not on people and their opinions.</p>
<p><b>Robs you of peace:</b> Your energies go into not making a mistake, which makes one anxious and looking a fool to others.</p>	<p><b>Calms your fears:</b> The peace of God passes all understanding; therefore you have an inner assurance in the process and not the outcome.</p>
<p><b>Focuses on your imperfections:</b> You are slave to unrealistic expectations. Faced with the outcome and you can only see what's wrong</p>	<p><b>Focus on your goals:</b> One's attention is on what's right and what's working well. The motivation is in itself the fuel and the goal.</p>
<p><b>Quits before beginning:</b> A litany of "none starts and lack of completion", are the hallmark. Fear of not finishing well, creates a snare.</p>	<p><b>Gives endurance and finishing skills:</b> Your passion is clearly seen by others as you are energised and relentless. Excellence is the culmination of habits</p>
<p><b>Unrealistic and unattainable:</b> You will never be enough, so you continue to strive, stress and struggle. You are desperate to be noticed in the crowd just to be loved and accepted.</p>	<p><b>Limitless, progressive, visionary:</b> There is always hope and a new way to grow, improve, our skills and Christlike character and nature. Miracles are possible, always.</p>
<p><b>Everything must be right; always:</b> One single mishap and the world will cave in. One fault and it was all a waste of time.</p>	<p><b>Is taking the right direction:</b> Improvement equips us to improve, resolve, and get better with each attempt. We grow "on the journey", not at the destination.</p>