

The Comparison Trap

Sam Roberts

TALK IT OVER

Key Scriptures

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Philippians 4:11-13 NIV

“The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.’” Luke 18:11-12 NIV

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. Proverbs 14:30 NLT

If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else ...

Galatians 6:3-4 NIV

For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10 NIV

Find this in our app.

Open the app, choose this message, then tap “Talk It Over.”

Whoever finds God, finds life.

More at finds.life.church all week.

Start talking. Find a conversation starter for your group.

- What is one area where you feel really content?
- What are some of the most common ways you compare your life to others’ lives?

Start thinking. Ask a question to get your group thinking.

- Why do you think it’s so natural to compare?
- What kind of feelings or actions does comparison often lead to?

Start sharing. Choose a question to create openness.

- Pastor Sam said finding contentment is accepting who God wants you to be. Describe who you believe that is.
- Think of someone you know who seems truly content. What is different about them? How do they live differently?
- Read Philippians 4:11-13. List who and what you have, already, that God’s blessed you with. How can you embrace your list this week?

Start praying. Be bold and pray with power.

God, thank You for making us the way You did. Thank You for our families, where we live, how we get around, the places we work, and for the city, state, and country we live in. Thank You most of all for giving us Jesus. For Your grace extended to us. Thank You for being more than we could ever ask for. You are enough. Amen.

Start doing. Commit to a step and live it out this week.

- Make an actual list of all the reasons you have to be content, including how God made you.
- Read Ephesians 2:10 when you wake up, in the middle of the day, and when you go to bed each day this week. As you meditate on it, let it be a prayer back to God.
- Read more about breaking free from comparison traps: go2.lc/comparison