

formed

*Words That Move Us
From Believer to Disciple*

THE COMPARISON TRAP

*Formed
Week 3
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KEY POINTS

- Comparison is a satanic trap designed to appear as freedom but always leads to bondage.
- When we compare ourselves to others, we're playing a rigged game - comparing our full story to someone else's highlight reel.
- Comparison blinds us to God's blessings and removes us from being present in the moment.
- The person we stare at becomes the person we believe is our source of life, rather than Jesus.
- Comparison leads to either pride or discouragement, never neutrality.
- Comparison moves us from living by calling to living by competition.
- Contentment is learned through intentional discipline and effort.
- We must radically cut off the feeds that source our temptation to compare.
- Every believer is uniquely gifted by God; a gift is not better or worse than another.
- Freedom and joy are found in fixing our eyes on Jesus and embracing our unique calling.

SCRIPTURE REFERENCES

John 21:20-22

John 13:21-26

2 Corinthians 10:1

Proverbs 14:30

Proverbs 27:4

Philippians 4:11-13

2 Corinthians 10:7

Proverbs 18:16

DISCUSSION QUESTIONS

1. Jesus told Peter that comparing himself to John was not his business, saying 'what is that to you?' In what areas of your life do you need to hear Jesus say these words to you today?
2. Paul wrote that he learned to be content in every circumstance. What does it mean that contentment requires learning and discipline rather than being a natural state, and what practices might help you learn contentment?
3. How does gratitude function as an antidote to comparison, and why do you think expressing specific thanks to God and others has the power to reframe where our eyes are fixed?
4. Proverbs says that envy makes the bones rot and that jealousy is more overwhelming than anger. Why do you think comparison and envy are so destructive from the inside out, and what evidence of this have you experienced?
5. Comparison causes us to live based on competition rather than calling. How might your life look different if you focused solely on the gifts and calling God has placed specifically in you?

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