

CompariSIN

The Way of Comparison

Comparison is the desire to be “more” than another. At the heart of that desire is fear. Vulnerability breaks through that fear.

Discussion Questions

1. What is one area of your life where you enjoy being better than other people? Maybe you are a good listener, offer wise advice, or are more generous than most. Don't be afraid to share.
 2. Comparison is the thief of joy. Have you experienced this in your life? In a situation where things were “good”, but they weren't “as good” as someone else's life and it stole your joy? Please discuss.
 3. Father claimed that we are most likely to compare ourselves to people who are close to us, like us, or who would likely be our friends if comparison was absent. Has this been your experience? Do you compare yourself critically to strangers more...or to those close to you?
 4. At the heart of comparison is fear. If someone else has (or is) “more”, then I have (or am) automatically “less”. Have you ever traveled the road of Cain? Avoiding the person, resenting the person, and ultimately hating (or isolating from) the person? Please be honest and willing to share...how did that end up?
 5. Healthy vulnerability is one of the ways out of unhealthy comparison. Have you ever experienced the healing power of good vulnerability counteract the destruction of comparison? Please share.
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God in Real Life

This week, be patient with yourself in acknowledging unchosen comparison, resist resentment, and lean into vulnerability.

To the Heart

“For whoever exalts himself will be humbled, and the one who humbles himself will be exalted.”~Luke 18:14