

UNFOLLOW

Comparison

Introduction

Junk mail. Spam bots. Click bait. We unfollow these all the time because they're unwanted and unhelpful. Yet everyday we are overwhelmed with noise, hurry, comparison, and empty religion that separate us from Jesus. It's time to unfollow the chaos and take back your life. .

Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

Practice Truth

1. What was an insight that you took away from last weekend?
2. Why do you think we compare ourselves to others?
3. When is comparison healthy/helpful and when is comparison unhealthy/hurtful?
4. Dirk mentioned the 4 Ps of comparing: Possessions, Performance, Place in life, and appearance. Which of these are you most likely to start to compare.
5. How does comparison make you feel either inferior or superior to others? Who wins in comparison? Why?
6. Paul says contentment can be learned (Phil 4:11-12). What do you think is the secret to contentment?

Leader's Tip

Make sure the snacks are accessible. If you put the food in a room that is hard to get to or out of the way they may never get touched.

Do Life Together

Dirk urged us to "Run your own race." This weekend. Don't look left or run but stay in your lane. How would you describe the race God has for you to run? How do you know when you're in it?