

- 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?

Prayer:

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.

Action Steps:

- 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
- Living in a close biblical community, learning from each other, bearing one another's pain, praying for each other, etc. are some of the best ways to avoid comparison. Find a Community Group at SCC that works for you! See our list of groups and sign up at bit.ly/sccCgroups.



The Comparison Trap

→ Comparison kills contentment.

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

→ Comparison leaves us prideful.

“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

“We say that people are proud of being rich, or clever, or good-looking, but they are not. They are proud of being richer, or cleverer, or better looking than others. If everyone else became equally rich, or clever, or good-looking, there would be nothing to be proud about.” — C.S. Lewis

→ Comparison leaves us jealous.

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

Proverbs 14:30 NLT

We resent God’s goodness in others’ lives and ignore God’s blessing in our own lives.

How do we live without comparing?

→ Recognize what you have.

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

→ Accept who you are.

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:10 ESV

All Scriptures are NIV unless otherwise noted.

Experience the Scriptures referenced in today’s message and much more by downloading the free YouVersion Bible App for your smartphone or tablet at www.bible.com/app.

Think/Talk It Over:

- What is one area where you feel really content?
- What are some of the most common ways you compare your life to others’ lives?
- Why do you think it’s so natural to compare?
- What kind of feelings or actions does comparison often lead to?
- Pastor Sam said finding contentment is accepting who God wants you to be. Describe who you believe that is.

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