



Week 1: Comparisonitis

INTRODUCTION

We all struggle with comparison. It's part of our DNA as human beings. Sometimes the internal struggle to become content can be so frustrating. In Part One of Liked, Jason reminds us our value comes from God. He shared, from Ecclesiastes 4:4-6, how we can become more content. Take some time as a group to discuss the message and then share how you are going to take a step towards contentment.

DISCUSSION QUESTIONS

What part of Sunday's message stood out to you? Was there anything you disagreed with or that encouraged you?

"Replacing comparison for contentment, is the only cure for Comparisonitis."

- Why do you think we all compare? What are some things that people compare?
- What do you compare?

Read: Ecclesiastes 4:4-6

Context: *The purpose of Ecclesiastes is to spare future generations the suffering and misery of seeking after foolish, meaningless, materialistic emptiness, and to offer wisdom by discovering truth in seeking after God. It was written by King Solomon around 935 B.C.*

- What did King Solomon see everyone chasing after? How do you chase after the same things in life?
- Why is "chasing after the wind" meaningless?
- What do the fools do? How do you see others doing this? What tendencies do you have to be like the fool?
- Why is tranquility so much better than chasing after the wind?
- Jason gave us the prescription for Comparisonitis on Sunday:
 1. Identify what's in your fist
 2. Identify where it is coming from
 3. Open your hands, with your palms facing up
 4. Replace it with contentmentWhat does a daily dose of the prescription look like for you?

MOVING FORWARD

It is so easy to find our value and meaning in the things of this world. All too often, we forget that our meaning and value comes from the God who created us and loves us. When comparison sneaks up on you, remember that you have a God who loves you deeply and has placed great value on your life. He has given you all that you need to be used to impact eternity. Remember that this life is not all there is. The moments you live have an eternal impact...live with the big picture in mind.

LIVE IT OUT

Memorize: Learn Ecclesiastes 4:6

Journaling: Take some time to list out this week all that God has blessed you with and then thank Him and the people He has used to bless you.

Prayer: When you pray this week, try praying with your palms up and fists unclenched. Let God have whatever is in your fists

Accountability: If you struggle with contentment, invite an accountability partner to point out your tendencies to compare. Ask them to also remind you of what God has blessed you with.