

I Quit!

**Week 5:
I Quit Comparing**



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I Quit Comparing

Things We Compare

According to a recent Facebook survey, there are four main areas in which people compare and rate themselves.

1. We compare _____

2. We compare _____

3. We compare _____

4. We compare _____

Comparison permeates every aspect of our thinking. Yet, the truth is, it does nothing but make us unhappy.

Beware When You Compare

1. Comparing makes us _____

Jesus told a story to some people who thought they were better than others and who looked down on everyone else:

“Two men went to the Temple to pray. One was a Pharisee, and the other was a dishonest tax collector. The proud Pharisee stood by himself and prayed this prayer: ‘I thank You, God, that I am not a sinner like everyone else, especially like that tax collector over there! For I never cheat, I don’t sin, I don’t commit adultery, I fast twice a week, and I give you a tenth of my income.’

“But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’”

Then Jesus said, “When the two men went home, it was the tax collector and not the Pharisee who was pleasing to God. If you put yourself above others, you will be put down. But if you humble yourself, you will be honored.”

(Matthew 18: 9-14)

2. Comparing makes us _____

When the soldiers were returning home after David killed Goliath, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and tambourines and cymbals. As they danced, they sang, "Saul has slain his thousands, and David his tens of thousands!" This made Saul very angry. "What's this?" he said. "They credit David with tens of thousands and me with only thousands. Next they'll be making him their king!" So from that time on, Saul kept a jealous eye on David. (1 Samuel 18:6-9)

We resent God's blessing in the lives of others and ignore God's blessing in our own life.

Curing the Cancer of Comparison

1. Know _____

"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."
(Ephesians 2:10)

The term "workmanship" can also be translated "work of art" or "masterpiece."

Samuel Johnson said, "People need to be reminded a lot more than they need to be instructed."

Let me remind you who you are ...

You are loved. (1 John 3:3)

You are accepted. (Ephesians 1:6)

You are gifted. (Romans 12:6)

You are a child of God. (John 1:12)

You will inherit a kingdom. (Romans 8:17)

You are chosen by God. (Colossians 3:12)

You are a new creation. (2 Corinthians 5:17)

You are God's masterpiece. (Ephesians 2:10)

You are a member of Christ's body. (1 Corinthians 12:27)

You are complete in Jesus Christ. (Colossians 2:10)

You are redeemed and forgiven. (Colossians 1:14)

You are holy and dearly loved. (Colossians 3:12)

You are free from all condemnation. (Romans 8:1)

You are actually a saint! (Ephesians 1:1)

When you know who you are...

you know who you don't have to be.

George MacDonald, the man C.S. Lewis called his spiritual mentor, said ...

"I would rather be what God chose to make me than the most glorious creature that I could think of; for to have been thought about, born in God's thought, and then made by God, is the dearest, grandest, and most precious thing in all thinking."

2. Know _____

"I can do all things through Christ who strengthens me!"
(Philippians 4:13)

"Nothing is impossible with God!" (Luke 1:37)

Jesus said, "I am the resurrection and the life! He who believes in Me will live even if he dies. And whoever lives and believes in Me will never die." (John 11:25)

Next Week

Part 6 – "I Quit Being a Pessimist!"