



# 1 Youth Ministry

## Grades 7-12

### January 19, 2025

### Comparing ourselves to others

#### Contact Us

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#### Links

- Email
- Website
- Facebook
- Previous Lessons

Text your prayer requests any time



#### Foster Care Teens

**Personal Care Items**  
We are always collecting "Personal Care Items" for teens in foster care throughout the year. Items for both male and female teens are being collected in the bin just outside our

See the sidebar for our new TEXT Prayer Request Line!  
Simply text "I need prayer" to 844-533-3553 anytime, and our team of Prayer Warriors will be praying for you.

**Remember**  
**Midweek Thursday Youth service 7pm!**

#### Sunday



#### Comparing ourselves to others

Last Sunday, we talked about what the Bible has to say about comparing ourselves to others. We talked about how easy it is to get stuck in comparing our own lives with others lives and what the Bible says about it.

The first thing we made clear is that just like nearly everything else, comparisons can be used wisely to help us grow or they can be used unwisely to lead us to a life of misery. The unwise use of comparing ourselves to others is what this lesson was about.

In today's world, with social media, comparing our seemingly boring lives to others "perfect" and exciting lives comes even easier and can sometimes even feel overwhelming.

We said that comparing ourselves to others can quickly lead us down the path of dissatisfaction, envy, and covetousness which is addressed right in the 10th

youth room. These items will be sorted into personal bags and given to DCS to be distributed to teens who may not even have their own tooth brush or comb.

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### This Week's Bible Verses

#### Jeremiah 29:11

<sup>11</sup> For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

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### commandment.

We looked through several other verses and found that when we allow **envy** to take root in our heart it leads to negative consequences. Comparing ourselves to others can fuel **envy** because it puts our focus on what others have that we don't. This can quickly spiral into bitterness, resentment, hate, and a constant feeling of being inadequate.

We looked in **Galatians** to find Paul telling us that we should focus instead on our own actions rather than comparing ourselves to what others are doing. When we spend our time on what others are doing, we can lose sight of our own unique calling given us by God.

We said that instead of focusing on what others are doing or what others have, we should focus on thanking God for what we have. Gratitude for our own blessings that God has given us shifts our focus from the negative of what we lack to the positive of what we have.

We looked in **Ephesians** to be reminded that we were each created to do good works that God has prepared in advance for us to do. We said that God has a unique plan for each of us but when we constantly compare ourselves to others, we undermine that unique purpose that God has given each of us.

We used Paul as the best example of finding contentment in God's purpose for him in whatever circumstance he found himself in. Paul never let his circumstances distract him from what God called him to do. Being content in God's purpose for him in every situation is what gave Paul peace, God's peace, no matter what the world threw at him.

We also said that we are called to love each other and pointed out that according to **1 Corinthians 13**, love does **NOT** envy. **Romans 12** tells us to actually rejoice with those who rejoice. True love is not jealous but instead celebrates the blessings of others.

We said that when we focus on truly loving others, rather than comparing ourselves to them, we shift our thoughts which actually allows us to experience peace and joy in their success. We said when others seem to be doing "better than us", we should be able to celebrate their blessings with them and share in the joy of their success.

The Bible also tells us to practice humility rather than selfish ambition or vain conceit. Humility reminds us

that life is not a competition. We pointed out that while life does sometimes include various competitions, life itself is not a competition. Life is not about being better or having more than others.

Humility shifts our focus from ourselves to serving others. It allows us to recognize that we all have different weaknesses and strengths and we can appreciate the unique ways that God has gifted each of us to allow us to help others succeed as they help us to succeed.

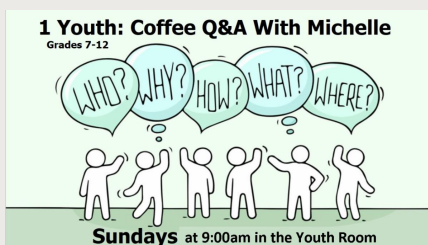
Paul reminds us in **Romans 12** we each have been given different gifts, talents, and opportunities and we should use them to do God's good works. When we focus too much on what others have instead, we miss out on using the gifts that God has given each of us.

We said, at the root of constantly comparing our own lives to others is often a lack of trust in God's plan for our own lives. When we spend all our time comparing ourselves to others, we are essentially saying that what God has given me isn't enough, I want what they have instead.

The Bible tells us to trust in the Lord and to trust in His plan, even when we don't understand it. When we do, we can let go of worrying what others are doing or what others have and rest in the knowledge that He has a unique and good plan for our own life as well.

When we shift our focus from constant comparison to gratitude and contentment in our own blessings, we can experience the peace and joy that comes from knowing that our true worth is found only in Jesus.

Our true value is never based on how we measure up compared to others but only on our identity in Christ.



## Pre-Service Coffee Q&A

Sundays at 9:00am

Join us in the Youth Room every Sunday, starting at 9:00am, for refreshments in a casual atmosphere for an opportunity for you and your friends to ask questions and discuss answers to your most pressing questions about God, Jesus, the Bible, other Religions, Christianity, or just about Life in general.

Living Word Ahwatukee

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