

THE COMPARISON TRAP

SERMON NOTES

Week 2 March 2, 2025

"Looking Around"

Galatians 4:4-6; Proverbs 14:30

I. Introduction / Review

- A. There is no _____ in comparison.
- B. All of us are looking to someone or to something to tell us if we're _____.
- C. There is a constant _____ in the back of our minds saying 'I wonder if I'm okay?'.

II. The Comparison Trap – Lessons from the Apostle Paul (Galatians 4:4-6)

- A. God's law is a _____ that reflects the fact that something is wrong.
- B. We try to fix ourselves by _____ ourselves to other people.
- C. Our problem is that the Creator/creation relationship was broken by _____ and it creates a thread of insecurity that runs deep.
- D. By sending his Son into the world, God made it possible for us to be _____ as his children.
- E. We have been invited to relate to God as _____.

III. Moving Forward

- A. God doesn't compare you to _____.
- B. If you want to break out of the comparison trap, you take your _____ about you from the one who made you, loves you and redeems you.
- C. Our greatest potential is found within the _____ of God.

Things I Would Like to Remember About This Message



ASBURY DAILY STUDY GUIDE *March 3-8, 2025*

INTRODUCTION

God is the creator of the universe. He's big and smart and powerful. He orchestrates time and everything that happens in it. And he has told us to call him... Dad. And the implications of being part of God's family can have a huge impact on our self-assurance. God's opinion of us may provide something we haven't yet found comparing ourselves to others.

Monday: Romans 8:12-17

In verse 15, Paul contrasted "a spirit of slavery to lead you back again into fear" with God's loving adoption of us as sons and daughters. What factors have shaped your view of God as either a person we serve out of fear, or as a loving father who wants what is best for us? If your life experience filled the word "father" with negative overtones, what images and relationships help you accept that God is love?

Tuesday: Psalm 139:13-18

We are fearfully and wonderfully made by God (v. 14). We are unique children of God and God doesn't compare us to other people. Is it difficult to believe that God loves you like that? Why?

Wednesday: Mark 14:35-36; Galatians 4:4-7

Scholars tell us that the Aramaic word "Abba," with which Jesus addressed God, is the equivalent of English words like "daddy" or "papa." What does it mean to you that Paul says we can address God in the same language as Jesus did? How, if at all, has this shaped the way you relate to God?

Thursday: Proverbs 14:30

"A heart at peace gives life to the body, but envy rots the bones." (NIV)

This verse is a couplet; in a Hebrew text it means you interpret one by the other. That means the contrast to the phrase "envy rots the bones" is the word peace. The kind of peace he is talking about is the peace we will never have as long as we are driven by envy. As long as we are looking to the left and to the right no matter what we accomplish, we will never have peace. Are you currently chasing after something - a goal, job, relationship, or possession - that you hope will give you peace and contentment? Explain?

Friday: 1 Kings 11:1-13

Although Solomon had great wisdom and wealth he experienced self-destruction like many rich and famous people. Television and the Internet are full of stories of rich, famous, and talented people who self-destruct in one way or another. Why are we surprised and fascinated by these stories? Do they relate to the comparison trap?

MOVING FORWARD

Who or what are you going to use as your reference point to tell you you're okay? If you want to break out of the comparison trap, take your cue about you from the One who made you, loves you, and redeemed you. And if you want to reach your greatest potential and find peace in your life you need to stay within the will of God to the best of your ability.

Answers to the sermon notes: IA) win, B) okay, C) whisper. IIA) mirror, B) comparing, IIC) sin, D) adopted, E) dad. IIIA) anyone, B) cue, C) will.