

THE COMPARISON TRAP

SMALL GROUP STUDY GUIDE

Week 2 March 2, 2025
“Looking Around”

OPENING PRAYER

Lord, thank You for bringing us together in this moment right now. We ask that You would stir our hearts and minds to be curious about You and kind to one another. Please reveal more of Yourself to us as we grow closer to You and to one another. We thank You for this small group time we're about to have. In Jesus' name, amen.

SCRIPTURE PASSAGES

Galatians 4:4-6 (NIV)

⁴But when the set time had fully come, God sent his Son, born of a woman, born under the law, ⁵to redeem those under the law, that we might receive adoption to sonship. ⁶Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.”

Proverbs 14:30 (NIV)

*³⁰A heart at peace gives life to the body,
but envy rots the bones.*

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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.

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.

QUESTIONS

1. 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?
2. Are you currently chasing after something - a goal, job, relationship, or possession - that you hope will give you peace and contentment? Explain.
3. In the sermon, Pastor Eric says that just like a great parent doesn’t compare his or her child to another child, God doesn’t compare us to other people. Is it difficult to believe that God loves you like that? Why?
4. When you were a child, how did you respond to your parents’ rules? How has your perspective on the purpose of their rules changed now that you’re grown?
5. Read Galatians 4:4–6 (on page 1). When you pray, do you refer to God as “Father”? If you do, how does that affect the way you relate to God? If you don’t, why don’t you?

FINAL APPLICATION

What is one thing you can do this week to allow God’s opinion of you shape who you are and the choices you make? How can this group help?