



06.30.24

Group Guide

Comparison



Introduction

More than ever before, the world is at our fingertips. The content available to us through our devices is practically limitless — all we have to do is scroll. Our attention is currency, and where we spend our attention matters because it shapes us. In week two, Pastor Chip taught how scrolling often causes us to compare ourselves to others, either favorably or unfavorably.

Discussion

1. What are a few common things that are easy for you to start comparing yourself to when you scroll on social media? If you're not sure, talk it out with your group. A few examples might be vacations, homes, looks, family, friends, or new things.
2. **Revisit and read Proverbs 16:18 and 1 John 2:16.** One way we compare is by seeing ourselves as better, or better off, than others around us; we become prideful. When scrolling, what content is most likely to make you feel prideful or better than others online? Or, do you feel a pressure to make sure you're sharing the good things in your life with others? What impact do you think this perspective and feelings are having on you, your experiences, and relationships?
3. Revisit and read Exodus 20:17 and James 3:14-16. Another way we compare is by seeing ourselves as worse, or worse off, than others around us; we become envious or jealous. When scrolling, what content is most likely to make you feel envious or jealous of others online? Or makes you wish for someone else's life? What impact do you think this perspective and feelings are having on you, your experiences, and relationships?
4. When talking about securing our identity in Jesus (instead of others' opinions), that can sometimes feel a little abstract. Talk with your group about how first learned this about this truth and what you've needed to be reminded over time. What practices or rhythms can you identify together that will help you feel consistently secure in him?

Application

- **Rest in Jesus.** Use the practices and rhythms identified in your group to help you continue to place your identity in Jesus and remove other false sources of validation in your life. Reading the book of Ephesians can be a great place to start.
- **Practice gratitude.** Take time to remember the good gifts God has given you. Consider starting a gratitude journal where you can keep track of what you're thankful for.
- **Serve others.** Take some of the time you'd spend scrolling to be a blessing to others. Connecting with the real needs of people will help grow your gratitude and connection outside your digital world.