

## Keeping Your Cool - No Comparison - You're Made for This -

Living in constant comparison keeps us in stifling stress.  
*Ecclesiastes 1:8-11*

**Christ-centered identity alleviates the stress of comparison because:**

**1. We find our value in who Christ is and who He has made us to be, not in measuring up to the millions, or keeping up with the culture.** *Ephesians 1:3-8*

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**2. We become grateful for our unique divine design. We understand, accept and appreciate the personality and gifts Christ has given us, allowing Him to live through us to bless others and glorify Him.** *Ephesians 2:10*

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**3. We celebrate the successes of others and cheer them on as they live out their unique SHAPE to bring Christ glory and build His kingdom. Life in the Kingdom is about WE, not ME.** *Romans 12:4-5; Matthew 20:15b; Matthew 20:16*

**4. We compare for the purpose of personal growth. Healthy comparison inspires courage and leads to increased faith and productivity in the Kingdom.** *Hebrews 10:23-25; Romans 12:3b*

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### Next Week's Reading Guide:

Romans 12:1-2  
Daniel 3:1-18  
Genesis 2  
John 13:31-35  
Matthew 26:36-46  
1 Corinthians 6:9-20  
1 Corinthians 8

### Discussion Questions:

1. Share about something you find your value in. (being a father, mother, a career, a gift or talent).
2. Share your grateful list.
3. Share your personality blend and share appreciation for one another's personality.
4. Who do you cheer on in the Kingdom because of what they are doing, or how they are serving?
5. Who inspires you to personal spiritual growth? Why?