

TRAPS AND TROLLS

GROUP GUIDES WEEK THREE- TRAP OF COMPARISON



Sentence

Safely sidestep the traps in your way by walking in grace and forgiveness.



Story

Share a time when you did not realize how much danger you were in until after the event.

"Holding or coming in close contact with an animal you didn't realize was deadly..."

"Exiting carnival ride only to realize it needed repair..."

"Narrowly avoided eating something you are allergic to..."



Set-Up

Genesis 4

Comparison is a dangerous trap that many of us fall into without even realizing it. If we do not learn to recognize and bypass this trap things can become very dark very quickly. Cain is the perfect example of this when he gets caught up in comparison with his brother, Abel. Cain's resentment becomes so strong that he goes as far as attacking and killing his own brother.

Read **Genesis 4:1-16**

In what areas of life do you find yourself comparing to others?
(i.e. career, finances, faith, body, intelligence, house, etc.)



Search

Read **1 John 3:11-16**



Verse 11

Is it possible to lovingly compare yourself to others?



Verse 12

Think of someone you compare yourself to often (i.e. sibling, cousin, co-worker, neighbor). What feelings are brought up when you think of them?

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➔ Verse 13

Instead of comparing ourselves to the things of this world, what can we focus on to redirect a comparison mindset? *(i.e. an attitude of gratitude and humility)*



Verse 14

What are you giving up in order to compare yourself to others?

➔ *(i.e. contentment, peace, time, or relationships)*

Verse 15-16

What excuses do you make to justify the comparisons you make?

(i.e. wanting to feel better about yourself, blaming a competitive personality, etc.)



Solution

1. How will we use a mindset of humility to defuse the trap of comparison?

- Read and meditate daily on **Philippians 2:1-5**
- Start your day by thanking God for at least one gift He's given you *(i.e. family, friends, home, career, life, salvation, church, the Bible, etc.)*
- Other _____

2. In what ways will we defuse the trap of comparison by gently helping one another?

- Offer to help carry someone else's burden this week *(i.e. commit to pray daily for someone in your group, church, family, at work, or school)*
- When tempted to test someone else, test yourself and your own actions instead this week *(i.e. someone cuts you off driving, says or does something, offer compassion and helping hand hand to lift them up)*
- Other _____

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Send Out

Break into groups of 2-3 (same gender if a coed group), identify your biggest area of comparison and discuss ways you will begin redirecting your mindset to honoring God. Make a plan to connect with each other in-person, call, or text this week.

Pray together.