

CHALLENGE WEEKEND

Session 1 - The Comparison Game

BOTTOM LINE

You don't need to compare when you are content.

MESSAGE OVERVIEW

Comparison makes us feel like we don't have enough, can't do enough, and aren't good enough. It makes us say, Just look at them, they're prettier, they have more money, they're smarter, or they drive a nicer car. We all have weaknesses, and this makes us feel insecure. But the amazing news is that God knows we have weaknesses. He promises that his power is made known in our weakness. In other words, where we are weak—God shows up. And this is why we can be content. This is why we can be secure. This is why we don't have to play the comparison game.

SCRIPTURE

Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:8-10 NIV

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Philippians 4:10-13 NIV

QUESTION TO ASK YOURSELF

Where do you feel insecure?

SUPPLIES

You will need one 3x5 card per person.

DISCUSSION GUIDE

- We all compare ourselves to others. Give an example of where you've compared yourself, your life, or your skills to someone else.
- How do you think social media impacts comparison? Discuss how it might impact other people (influencers, singers, YouTubers, celebrities) as well as yourself.
- Read 2 Corinthians 12: 8-10. We all have weakness. Can you think of a weakness that impacts you right now? An area where you struggle? I want to share with you an area where I know I am weak.

Small Group Leader: Share a weakness so students can relate to something real and tangible.

Give every student a 3x5 card and let them spread out and think about a weakness they are willing to share with the group and write it on their card.

When they come back together, ask students to sit in a circle and encourage each person to share their weakness and how it impacts them.

- Let's read this passage again. Read 2 Corinthians 12:8-10. Emphasize this part: "My grace is sufficient for you, for my power is made perfect in weakness." These are God's words to you. What would it look like for God to show up for you in an area where you are weak?
- Do you think you can trust God to show up for you and make you strong—in spite of your weakness? Flip over your card and on the back write the words "My grace is sufficient for you, for my power is made perfect in weakness."

- Put all of the cards in the middle of the circle of students. Now encourage the group to move into a tighter circle and put their hands on the cards and pray over the cards. Let's ask God to help us walk through life with security that in spite of our weakness, in spite of how we measure up against other people, God will show up and bring his power to the very places we are weak. Encourage as many students who want to pray out loud over the cards.

PRAY TOGETHER

Dear God, it is so easy to see what other people have, what they drive, what they wear, what they can do—it's so easy to see their highlight reel. I keep comparing myself to them and seeing where I don't measure up. God I don't want to carry that feeling of insecurity anymore. I want to walk in confidence that you will show up—in all of your power—in my weakness. And God I am weak in (your weakness). I need your help to feel confident in you in spite of my weakness. I love you, God. I'm so thankful that you love me. Amen.