

SMALL GROUP: MIDDLE SCHOOL

COMPARISON TRAP:
THE LAND OF ER

XP3

Week
1

leadsmall

BOTTOM LINE: THERE IS NO WIN IN COMPARISON.

SCRIPTURE REFERENCES:

And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind. (Ecclesiastes 4:4 NIV)

Fools fold their hands and ruin themselves. (Ecclesiastes 4:5 NIV)

Better one handful with tranquility than two handfuls with toil and chasing after the wind. (Ecclesiastes 4:6 NIV)

Again I saw something meaningless under the sun. (Ecclesiastes 4:7 NIV)

There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" (Ecclesiastes 4:8 NIV)

GOAL OF SMALL GROUP:

To help students see the disadvantages of constantly comparing themselves to other people; and to help them understand the benefits of letting that comparison go.

Create meaningful conversation. Adjust questions as needed, and don't feel like you need to answer all of them.

FROM THE TENSION

1. What are some of the "ers" you see people wanting (to be richer, skinnier, smarter, handsomer, funnier, cooler, etc.)?

FROM THE TRUTH

2. Why do you think you want to be some of the "ers" you mentioned in question #1?
3. How do you think most people feel when they achieve the goal of becoming rich-er, smart-er, or popular-er?

FROM THE APPLICATION

4. Why do you think we sometimes secretly enjoy seeing other people fail?
5. Describe how you would feel if you could let go of comparing yourself to others. *(Leaders, you may need to prompt your students with some examples: less worried, less exhausted, etc. Ask them why they would feel those things).*

NEXT STEP

Leaders, ask your students to do a comparison fast for one day this week. At some point that day, remind them of the bottom line: **There's no win in comparison.**