

2022



# COMPARISON

FROM "TRIGGERS" SERIES

SMALL GROUP STUDY GUIDE

It's Week 4 of the "Trigger" Series and we address, comparison. Comparison comes from our flesh: our desire to be someone other than who God created us to be and our unwillingness to accept who God created us to be. It's refusing to work with the opportunities, abilities, or skill sets that God has entrusted us with. Let's learn more from the story of Cain and Abel on how to dismantle this trigger called comparison.

*Genesis 4:3-7 NIV - In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. [4] And Abel also brought an offering – fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, [5] but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. [6] Then the Lord said to Cain, "Why are you angry? Why is your face downcast?" [7] If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."*

- Cain worked the soil (a farmer)
- Cain brought some of the fruit of the soil (not necessarily the best of the fruit)
- Abel kept the flocks (a shepherd)
- He brought the fat portions, some of the first born of his flock (the best portions)

## CAIN AND ABEL

They have 2 different occupations.

They offer 2 different sacrifices.

They receive 2 different responses from God.

- Abel – The Lord looked upon him with favor.
- Cain – The Lord did not look upon him with favor.

We hear nothing else from Abel. He is **ENJOYING THE BLESSINGS OF THE LORD**.

## CAIN NOTICES THE DIFFERENCES IN RESPONSES AND COMPARES THEM

*Genesis 4:5b NIV - So Cain was very angry, and his face was downcast.*

- Cain was angry about how God blessed his brother, Abel.
- When you are triggered, you are affected physically - your outward expressions change and your emotions are messed up.

*When you are triggered, what happens to your emotions and physical disposition?*

## THE LORD ADDRESSES CAIN

*Genesis 4:6 NIV - Then the Lord said to Cain, "Why are you angry? Why is your face downcast?"*

- You can't compare yourself to someone who is doing something completely different than you. That's not a fair comparison.
- You can't expect the same results from different amounts of sacrifice.

- There are some gifts locked up in you that can't be released until you free yourself from comparison.

*Who do you find yourself comparing yourself to? Is it affecting your emotions?*

## THE LORD CHALLENGES CAIN 3 TIMES

### STAY FOCUSED

*Genesis 4:7a NIV - If you do what is right, will you not be accepted?*

- Stay focused on what God has given you to do.
- Everytime you look in another direction different from your race/lane, you become distracted and thrown off.

*Hebrews 12:1b KJV - let us run with patience the race that is set before us,*

- Keep it moving and pace yourself. Your race and pace are not the same as another race.

*Have you allowed comparison to get you off your square? Are you running your race according to your own calling or someone else's?*

### MONITOR YOURSELF

*Genesis 4:7b NIV - But if you do not do what is right, sin is crouching at your door;*

- The enemy tries to get you to make yourself something you are not.
- Be aware of your emotions that arise around others, especially on social media (unfollow them!).
- You cannot get bigger until He creates a new heart within you.
- When you celebrate others, it frees you of jealousy.

**Research has found that comparing breeds feelings of envy, low-self confidence, and depression, as well as compromises our ability to trust others.**

*What are some things you can do to ensure you are monitoring yourself? If you can be honest with yourself, who are you jealous/envious of?*

### CONTROL IT

*Genesis 4:7c NIV - it desires to have you, but you must rule over it. "*

- It is in our nature to be competitive, but it is sinful to compare.

### If you RULE, IT RUINS!

*1 John 3:12 NIV - Do not be like Cain, who belonged to the evil one and murdered his brother. And why did he murder him? Because his own actions were evil and his brother's were righteous.*

- Evil gets jealous of righteousness.
- Comparison can kill. The enemy comes to steal, kill, and destroy (John 10:10).
- Comparison prevents us from moving the cross together.
- Be grateful for what you have, because someone wishes they had what you have.

*Do you have control over your feelings of comparison (jealousy or envy)? What can you do to take control of it?*

### **KEYS TO PREVENT COMPARISON:**

1. *Be aware of your triggers*
2. *Limit your time on social media*
3. *Avoid comparing people's outside to your own inside*
4. *Remind yourself that money or success don't buy you happiness*
5. *Count your blessings*

### **DECLARATION**

*I will remain focused. I will monitor me. I will control my behavior.*

### **PRAYER**

*Father, Thank You for being a God who cleanses us from all unrighteousness. Lord, if there is a spirit of comparison within me, remove it. Expose and remove every feeling of envy, jealousy, and resulting anger. God, I have so much to be grateful for. Give me the wisdom to focus on my assignment, monitor my emotions, and control myself. I thank You, Lord, for what You have done, what You are doing, and what You will do in my life. In Jesus' name, Amen!*