



Outward Group Discussion Guide

March 8, 2026 (Salem)

SUMMARY

This sermon addresses the pervasive issue of social comparison in modern culture, particularly through social media, and how it robs believers of contentment. The pastor explores the Tenth Commandment against coveting, revealing that God designed this commandment not to restrict happiness but to protect His people from the unlimited misery of constant comparison. The message traces coveting back to the first sin in Eden—discontentment with what God had provided. The core theological truth presented is that true contentment comes not from acquiring what others have, but from treasuring Christ above all else. Jesus took the curse of the law upon Himself on the cross, freeing believers from the anxiety and restlessness that comes from measuring their lives against others. The sermon calls listeners to replace their craving for worldly things with a deeper affection for Christ, recognizing that their identity and worth are found in Him alone.

DISCUSSION QUESTIONS

1. How does social media and constant connectivity amplify the ancient sin of coveting in ways that previous generations never experienced?
2. In what specific areas of your life do you find yourself most prone to comparison, and what triggers these feelings of discontentment?
3. The pastor mentions that coveting begins when we feel cursed because someone else is blessed. How does this perspective help you understand the root of your own struggles with comparison?
4. What does it mean practically that your life does not consist in the abundance of your possessions, and how would your daily decisions change if you truly believed this?
5. How can we distinguish between healthy ambition or goals and the sin of coveting what others have?
6. The sermon suggests that Jesus became cursed on the cross to free us from the curse of the law, including our bent toward comparison. How does meditating on Christ's sacrifice specifically help combat feelings of inadequacy?

7. What would it look like in your life to treasure Christ more than the things you're tempted to covet, and what practical steps could you take to cultivate this?
8. How does the concept of the sociometer and anxiety help you understand the spiritual and psychological battle happening when you engage in social comparison?
9. If contentment says because I have Christ I already am happy, what false beliefs about happiness need to be replaced in your own thinking?
10. What boundaries or practices might you need to establish to protect yourself from the unlimited misery of constant social comparison?