



LIFE INTERRUPTED

The Comparison Trap

Genesis 37:3-24 | Adam Bowers | 5/17/20

1. What are some common ways we tend to compare ourselves to others?
2. Is comparison to others always a bad thing or can there be good aspects to it as well?
3. What ambitions in your life have been driven by comparing yourself to others?
4. Why does social media seem especially good at sparking jealousy?
5. Adam said that jealousy involves both pride and self-loathing at the same time. How is that possible?
6. **James 3:16**
“For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.”

How does jealousy lead to more evil?

7. Adam gave three principles for overcoming jealousy:
 - a. Accept the way God has made us, blessed us, and limited us
 - b. Look for ways to serve others with the gifts God gave us
 - c. Focus our minds on worshiping God

Which of these three is the most difficult for you and why?

8. How will you work on overcoming jealousy this week?