



# *Strategies for Battling Comparison*

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# Strategies for Battling Comparison

*Hello Fellow Sister in Christ,*

*Oh, how I wish I could be sitting face-to-face visiting with you about who you are and who you want to be. As we sat, I would ask to see pictures of you, your family, your life. And, then I would ask you to tell me about it in your own words because pictures only tell part of the story.*

*Yet, in our technology driven lives, we are led to believe that we can create our own image of who we are for the world to see. We can hide behind beautiful pictures that don't tell who we are fully. You know, the pictures that hide our struggles, our pain and where God meets us in the mess. And, we can even begin to believe the lies that the enemy whispers that we are less than others. We see their pictures and their world and realize ours don't compare. Sometimes, we might even feel a little bit like a failure. I know, because I've been there.*

*Oh, how my heart aches at the thought that another woman would not know how wonderful she is, how God desires a relationship with her, and that God can use her as she is...flaws and all. I've been lucky in my life to have women lifting me up and telling me to forget the comparison and just focus on Jesus. I've been blessed that friends have come alongside me to point me to the truth of how God sees me and how much He loves me. And, I've been challenged by God to be that voice for other women.*

*It's not always easy to remember those truths. It seems to be a lesson I have had to learn more than once in my life, especially during the different stages of life...college woman, newly married, new mom, mom of 3, foster mom, mom of teens and an adult child.*

*In this short workbook, I will offer some reflection questions and share 3 strategies for battling comparison. Not only do I want you to win the battle against comparison, I want to help you kick comparison to the curb!*

*Blessings to you. *  
*Deb*



# A LITTLE *SELF-REFLECTION*

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## *Expectations*

*What leads us to comparison? For me, I have found that my tendency to set incredibly high expectations for myself and others as well as my need for perfection tie greatly into comparison. Spend a little time thinking about the questions below. There is space to write if you desire.*

*What type of expectations do I set for myself?*

*Do I expect perfection from myself?*

*Are any of my expectations hard for me or for others to reach? Do they create stress?*

*Are any of my expectations hard to let go?*



*For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.  
Galatians 1:10*



*Having gifts that differ according to the grace given to us, let us use them...  
Romans 12:6*

## **Scriptures Pointing Us to Truth**

***What do these verses mean to me?***

***When I keep my focus on loving those God has placed in my life, what does that do to the expectations I have for myself?***

***When I am not dependent on other people's opinions of myself, how can that free me from comparison?***

***How do I think God truly sees me? In what ways does this make a difference in the role comparison plays in my life?***

# Strategy 1: Engaging with Music

*When we start to believe the lies of the enemy that we are not enough, we have to fill our mind and hearts with God's truth. Opening scripture is one of the best ways to do this. However, sometimes, I am unable to focus or don't know where to start. Music has always been one of the ways I allow God's truths to pour into my heart. Let's reflect on how music impacts you.*

*How does music affect my ability to relax? To feel at peace?*

*How do music or lyrics impact my closeness and connection with God?*

*How might music or lyrics be able to impact my sense of peace and joy day to day?*

*What ways can I incorporate music or lyrics into my daily routine?*

— “ —

*My heart, O God, is  
steadfast, my heart is  
steadfast; I will sing and  
make music.  
Psalm 57:7*

— ” —

# *Anytime Playlist*

***Sing My Way Back*** by Steffany Gretzinger

***Lead Me to The Cross*** by Francesca Battistelli

***Even Louder*** by ISAAC

***God I Look To You*** by Bethel Music & Francesca Battistelli

***Raise A Hallelujah*** by Bethel Music & Jonathan David

***O Come to the Altar*** by Elevation Worship

***One of Us*** by Joan Osborne

***I Am Not Alone*** by Kari Jobe

***I Can Only Imagine*** by Mercy Me

***Here's My Heart*** by Lauren Daigle

***This Is Amazing Grace*** by Phil Wickham

***How Can It Be*** by Lauren Dangle

***Trading My Sorrows*** by Maranatha! Praise Band

***Voice of Truth*** by Casting Crowns

***God of All Comfort*** by Ellie Holcomb

***Come to Me*** by Jamie Grace

***Losing My Religion*** by Lauren Daigle



# Strategy 2: Praying

*Prayer has the ability to build intimacy and trust in God. When we take time to pray asking God to help us feel peace, it can impact all areas of our life. And, prayer can be an important strategy in moving away from comparison. We can specifically ask God to strengthen us in this area.*

*What are some things I need to pray for right now? (ie. peace, avoiding comparison, focus)*

*What do I need to do differently in my prayer time that will help me feel more at peace?*

*What are some things I can do to help keep prayer a priority during this season of my life?*

*How can prayer help me to see myself as God sees me and avoid comparison?*

— “ —

*The LORD is near to all who  
call on him, to all who call  
on him in truth.  
Psalm 145:18*

— ” —

# 35 Days of Prayer

*These prayers are broken down into 5 categories: Preparation of the Heart, Protection, Provision, Peace and Hope. Take one prayer a day and use that prayer to lead your quiet time with God. Expand on the prayers as God leads. Go in any order and check them off as you pray.*

## **Preparation**

- God quiet my heart and help me to slow down and be present.
- Place in me a desire to serve others.
- Thank you, Father, for all you have given me and do for me.
- I praise you for this season of life. Use it God to draw me closer to you.
- Father, please remind me daily why I should celebrate all my blessings.
- God, help me to see that the world's need for a Savior is bigger than any wants I have.
- Let me feel your call for me to be in the Word daily Lord.

## **Protection**

- Protect our firefighters and police officers in their jobs.
- Protect our soldiers and their families as they serve our country.
- Keep our teachers and staff healthy and safe as they serve children.
- Protect the children who are runaways and help to bring them home.
- Guard the hearts of the lonely and fill them with peace.
- Praise you God for all you do to keep me and my family safe.
- Protect the hearts of those who know you and choose to follow you Lord.

## **Provision**

- Praise you God for all you do to take care of my daily needs.
- For the orphaned, abandoned children - give them a home and family.
- For those struggling financially, God provide for them and create opportunities for them.
- Father, help me to trust in you and realize you supply what I need.
- Bless families in my community with shelter and food.
- Continue to create ways for your churches to reach & serve our communities.
- Help me to use my gifts to provide and care for others.

# 35 Days of Prayer Continued

## Peace

- Cover our country and communities with love and lead us to forgiveness & peace.
- Father, teach me to trust in you and to rest in you so I live in your peace.
- Give peace to the aching hearts in our world Lord. Be a beacon of light to them.
- Help me to speak words of peace and love. Bind my tongue from speaking in anger.
- Lord, cover families with your peace and help them to draw near to you.
- Praise you God for the blessing of your son, my Prince of Peace, who came to save me, all of us.
- Father, fill me with your peace so that I may glorify you in my daily life.

## Hope

- Praise you Father for being my daily, living hope.
- Give wisdom to our government leaders as they lead our country.
- Restore hope in our communities so that we can love one another & see the goodness in each other.
- Help me to place hope in you each day, especially in the difficult times.
- Remind me that there is always hope as I prepare for the day.
- May your hope sustain me God through difficult moments in my life.
- Use your churches Father to bring hope to the lost.



# Strategy 3: Serving Others

*From an early age, I have always been active in service to others. In fact, my volunteering to serve others has become foundational in who I am. As I serve others, it allows me to grow and moves me closer to becoming the person God desires for me to be. When we serve others, it also has an ability to push comparison out of our minds and hearts because we are focused on loving others like Jesus.*

*When I serve others outside of my home or volunteer, how do those experiences make me feel?*

*When I serve others, what does it do to my relationship with God?*

*What ways can I serve or can my family serve during this season of life?*

*How can service play an important role in growing my faith?*

— “ —————  
Each of you should use  
whatever gift you have received  
to serve others, as  
faithful stewards of God's grace  
in its various forms.  
1 Peter 4:10

————— ” —

# Acts of Service



# A LITTLE MORE *SELF-REFLECTION*

## *Social Media*

*Which social media do I use on a regular basis? And, how much time am I spending daily on social media?*

*Why do I spend time on social media?*

*After I have been on social media, how do I feel?*

*Does my time on social media encourage me to fall into a comparison trap?*

*How can I use social media to strengthen my faith and to glorify God?*

# Saying Goodbye to Comparison

*Before you go, I just want to encourage you one more time to remember that God does not desire for us to spend our days comparing ourselves to others. He wants us to spend that time loving Him and loving those around us.*

*If you feel like you keep coming back to comparison or are getting stuck there, don't beat yourself up. As we grow, we continue to learn and sometimes relearn. We are not perfect, but we are His.*

*Remember, your life doesn't have to be Pinterest-worthy. Instead, seek peace, seek joy and seek God!*

*Thanks for listening to me chat with Tammy Rotzoll on The Faithful God Podcast.*

*Blessings to you.*   
*Deb*

## **Where can you find me?**

*While my preference would be on a warm sandy beach or hiking in the summer in the beautiful mountains, I'll settle for online.*

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