



Knock Out: Crushing Your Calling Killers

Week 2: Comparison + Labels

What we want students to learn: A label may describe you, but your identity in Christ defines you.

What we want students to do with what they've learned: Forsake the lying labels they have believed and cling to their identity in Christ.

Large Group Message Focus: Hebrews 12:1-3

Supporting Scripture: 1 Corinthians 10:13 and Galatians 1:10

The Main Point

Welcome to week two of Knockout. Tonight we are going to talk about labels and comparison. Often, labels are the very things we compare. No one had to teach us to compare ourselves to others. Comparison is running rampant in our society and had put it into our heads that we have to be perfect all the time. God has a different plan for our lives, a better plan for our lives. He will lead us to the things he knows are best for us.

INTRODUCTION

- **Girls - What is your favorite picture you have ever posted on Instagram?**
- **Who is your favorite account to follow?**
- **When you're scrolling through social media and you see someone either prettier than you, stronger than you, smarter than you, or more popular than you, what are your first thoughts?**

PRAY ... that your students fully understand the importance of this lesson and that they would have the boldness to implement it in their daily lives.

LESSON

Have your students read Galatians 1:10.

Galatians 1:10 - Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

- **How quick do you try to win someone's approval? Does it ever just feel good to win someone's approval?**
 - *It's no secret we like winning people's approval. It feels great to know people approve of us. But it must not become our soul sense of affirmation.*
- **Who is the most likely person you try to win the approval of?**
- **Are you trying to win God's approval or society's?**
 - *While we have to win society's approval, we do not have to win God's approval. Through Jesus, He has already approved of us. This is not because of who we are but because of who Jesus is.*
- **Why do you think you still judge/compare yourself to others?**

Have your students read 1 Corinthians 10:13. When we begin to compare ourselves to others, it becomes easier to criticize and compete with those around us. Especially in schools every day, the temptation can be at an all-time high.

1 Corinthians 10:13 - No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

- **What does this verse say about temptation?**
 - *It is common, but God will not let you be tempted by something you can't handle.*
- **What temptations arise in your life when you start to compare yourself to others?**
- **How has God shown you a way out of temptation before?**
 - *Whether it is a conviction in our spirit, a reminder from a friend or parent, or a complete interruption, God tells us he will show us a way out of temptation.*

LIFE APPLICATION

It can be discouraging to try and tackle a topic like comparison. Why? Because comparison so often feels like a natural reflex. We don't wake up and tell ourselves "I hope I feel inferior to someone today." That just doesn't happen! So, how can we approach a subject that feels so unapproachable?

- **Why is God's approval more important than society's?**
- **What is one thing you can do this week when you are tempted to compare yourself with people around you?**

TAKE IT OUT

Close small group out with prayer requests. Pray specifically for the group, that they would be reminded of God's love for them in the face of comparison.

After prayer, be sure to remind them of any upcoming group serving activities or student events and **THE WEEKEND!**