



COMPARISON IS THE
THIEF
OF JOY

THEODORE ROOSEVELT

THE COMPARISON TRAP

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Theodore Roosevelt and the Bible both say the same thing.....that comparison is an unwise trap that becomes a thief of joy! We don't intend to play the comparison game, but it just happens and before we know it we've sized ourselves up and concluded that we are inferior or superior to someone else.

Let's take a look at four ways to stop comparing ourselves to others and find peace and contentment in simply being ourselves....

1. **Remember we are fearfully and wonderfully made (Psalm 139:14).** You are God's unique and amazing creation.
2. **Realize we all have strengths and weaknesses.** Learn to celebrate your unique strengths and the strengths of others which can work together in a synergistic way.
3. **Choose to compliment rather than critique both others and ourselves.** Focus on being kind to others and ourselves, looking for the positive.
4. **Rely on God's opinion rather than the opinion of others.** When we are in Christ, God sees us as perfect in Him. We have an identity in Christ, and can live by God's measuring stick, not anyone else's.

NOT THAT WE DARE TO CLASSIFY OR COMPARE
OURSELVES WITH SOME OF THOSE WHO ARE
COMMENDING THEMSELVES. BUT WHEN THEY MEASURE
THEMSELVES BY ONE ANOTHER AND COMPARE
THEMSELVES WITH ONE ANOTHER, THEY ARE WITHOUT
UNDERSTANDING.
2 CORINTHIANS 10:12