

When You're Feeling Resentful

How To Deal With How You Feel

The Problem With Comparing

It always makes you _____ .
Job 5:2 GNT Proverbs 14:30 NLT

It causes _____ .
James 3:16 NLT

What to Do When Life Seems Unfair

1. You need to _____ God has a good plan
for your life. *Job 36:13a NLT Romans 8:28 NET*

2. _____ in what you've been given.
1 Thess. 5:18 NET Eccl. 6:9 GN

3. You need to _____ on helping others.
Romans 6:13b LB Acts 20:35b NLT

Talk It Over

How hard is it for you to see when you are being pulled into the *Comparing* trap?

What do you do to stay out of the *Comparing* trap?

Without using names, share a time when you saw the *Comparison* trap go bad. How?

Do you know God's plan for your life?

Read *Romans 8:28*, and talk about how you have or have not seen this verse work out in your life.

In 1 Thessalonians 5:18 it says to "give thanks in *everything*." Make a list of 10 things, and take time to thank God for those things.

Take time to make an action plan for you and your small group to focus on helping others this week.

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