



I'M ON MY WAY TO FREEDOM



FROM THE COMPARISON TRAP:

STEP 1

Name the area of your life where comparison shows up:

Do you know the root behind it?

STEP 2

List all the ways this sin makes you feel, think and what it leads you to do:

STEP 3

Rate how "done" you are with comparison in this area on a scale of 0 (not done) to 10 (done done):

Why are you done?

STEP 4

Confess this sin in a prayer to God.

Commit to confess this sin to a sister today:
I will tell _____ about this trap I'm in today.

STEP 5: Combat with Scripture

Begin the battle by taking every thought captive and making it obedient to Christ (2 Cor 10:5) using these verses:

Phil. 2:3~ "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."

2 Cor. 10:12~ "But when they measure themselves by one another & compare themselves with one another, they are without understanding."

Gal. 5:26~ "Let us not become conceited provoking one another, envying one another."

Continue the battle through memorization, meditation prayer, praise, surrender and steadfastness.

STEP 6: Pray

Offer your sincere prayers to God: for yourself, your growth, your secure identity. For the person(s) to whom you compare yourself to, for God to bless him/her and work in their lives.

FROM THE COMPETITION TRAP:

STEP 1

Name something (a natural gift or talent or spiritual gift) that you are good at:

STEP 2

Name someone who has that same gift & uses it well (does not have to be someone you know personally):

STEP 3

Rate your honest level of ill-feeling (jealousy, etc) on a scale of 0 (none) to 10 (lots):

STEP 4

Confess this sin in a prayer to God.
Commit to confess this sin to a sister today:
I will tell _____ about this trap I'm in today.

STEP 5: Combat with Scripture

Begin the battle by taking every thought captive and making it obedient to Christ (2 Cor 10:5) using these verses:

Matt. 19:30~ "But many who are first will be last, and the last first."

Col 3:12~ "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,"

James 4:6~ "But he gives more grace. Therefore it says, 'God opposes the proud but gives grace to the humble.'"

Continue the battle through memorization, meditation prayer, praise, surrender and steadfastness.

STEP 6: Pray

Pray a prayer of thanksgiving to God for creating you uniquely you & giving you the talents, spiritual gifts & experiences you've had. Thank him for all of your abilities & declare your dependence upon him! Then, thank him for the person you feel in competition with. Pray for her/him to be filled with the love of Jesus, to walk in his ways, and to use their gift to glorify God fully.