

# The Thief Called Comparison

## Soundtrack Vol. II - Part 3

August 25, 2024

“Comparison is the thief of joy.” - Theodore Roosevelt

There is no win in comparison.

### Six Ways Comparison is a Thief

#### 1. Comparison destroys our contentment.

*“<sup>40</sup>Then the Philistine said, ‘I defy the ranks of Israel today. Send me a man so we can fight each other!’ <sup>41</sup>When Saul and all Israel heard these words from the Philistine, **they lost their courage** and were terrified.” 1 Samuel 17:10-11 (CSB)*

- **Comparison whispers lies that distort our vision.**

#### 2. Comparison dismantles the way we see ourselves and others.

*“But Saul replied, ‘You can’t go fight this Philistine. You’re just a youth, and he’s been a warrior since he was young.’” 1 Samuel 17:33 (CSB)*

*“<sup>38</sup>Then Saul had his own military clothes put on David. He put a bronze helmet on David’s head and had him put on armor. <sup>39</sup>David strapped his sword on over the military clothes and tried to walk, but he was not used to them. ‘I can’t walk in these,’ David said to Saul, ‘I’m not used to them.’ So David took them off. <sup>40</sup>Instead, he took his staff in his hand and chose five smooth stones from the wadi and put them in the pouch, in his shepherd’s bag. Then, with his sling in his hand, he approached the Philistine.” 1 Samuel 17:38-40 (CSB)*

*“<sup>7</sup>As they danced, the women sang: Saul has killed his thousands, but David his tens of thousands. <sup>8</sup>Saul was furious and resented this song.” 1 Samuel 18:7-8 (CSB)*

*“<sup>28</sup>Saul realized that the Lord was with David and that his daughter Michal loved him, <sup>29</sup>and he became even more afraid of David. As a result, Saul was David’s enemy from then on.” 1 Samuel 18:28-29 (CSB)*

- **Comparison triggers our insecurities and turns allies into enemies.**
- **When you see yourself through the lens of others, you make others the standard of your worth.**

#### 3. Comparison disrupts our peace.

*“So Saul watched David jealously from that day forward.” 1 Samuel 18:9 (CSB)*

- **If you’re playing the comparison game, the better others do, the worse you look, and the worse they do, the better you look.**

#### 4. Comparison damages our gratitude.

*“<sup>8</sup>Saul was very angry; this refrain displeased him greatly. ... <sup>9</sup>And from that time on Saul kept a close eye on David.”* 1 Samuel 18:8-9 (NIV)

- **Gratitude and comparison cannot coexist. Where one thrives, the other dies.**

#### 6. Comparison distracts us from our purpose.

*“Every time the Philistine commanders came out to fight, David was more successful than all of Saul’s officers. So his name became well known.”* 1 Samuel 18:30 (CSB)

### New Soundtracks to Kill Comparison

#### #1 Guard your eyes to guard your heart.

#### #2 Celebrate their wins.

- **It’s hard to compete with someone when you’re praying for them to win.**
- [thebayouchurch.org/groups](http://thebayouchurch.org/groups)

#### #3 Be you. Everyone else is taken.

- **When we feel we don’t measure up, we begin to think God messed up when He made us.**

*“<sup>13</sup>For it was you who created my inward parts; you knit me together in my mother’s womb. <sup>14</sup>I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well. ... <sup>16</sup>Your eyes saw me when I was formless; all my days were written in your book and planned before a single one of them began.”* Psalms 139:13-14;16 (CSB)

- **You originated in the imagination of God.**

#### #4 Occupy your lane.

- **Your path is unique; celebrate your progress, not another’s pace.**
- **Be grateful for your God given assignment.**

#### #5 Ego is the enemy.

- **God can work more easily with insecurities than with pride.**
- **The stronger we grip humility, the weaker we grip pride.**

**#6 Live for the applause of nailed scarred hands.**

- **God demonstrated His approval through love on the cross.**