Compared to Her Book Discussion

***Main point****: Looking to others and how you measure against them for your security, satisfaction, and significance produces negative consequences in our relationships and a negative internal struggle. Looking to God in Christ for meaning, worth, and truth about ourselves will give us the security, satisfaction and significance we are looking for.*

**Chapter One: What is CSS?**

* In what ways did reading this chapter make you more aware of your comparison issues?
* When you compare yourself to someone else, have you ever thought about WHY do you do it? What to you hope to get out of it?

**Chapter Two: Symptoms**

* Which symptoms (listed in the book) are most present in your life from looking up?
* Which symptoms are most present from looking down?
* Which one do you think is most dangerous to your spiritual health? Why?

**Chapter Three: Triggers**

* Which trigger do you see yourself affected by?
* Is there anything not listed that you find yourself comparing?

**Chapter Four: Outlook**

* How have you seen comparison hurt yourself? Now how about relationships? And God?
* Flesh out how comparison hurts your relationship with God.

*On page 40 the author lists what she calls false medicines. It’s worth taking a closer look at these because they are so culturally ingrained in the way we think. We need to be careful and aware of why they are “false” medicines.*

1. When you are down, just remember all the ways in which you are attractive/gifted/successful.
	1. pushes you to feel proud (which is no better!)
2. Remember, they probably have some problems in our parts of their life.
	1. still doesn’t put focus in the right place, just tries to make them look bad
3. Do something about it. – just encourages you to think that the only way to win the CCS game is to win
	1. instead of trying to drop out or play ‘fairly’ (last chapter)
4. There are people far worse off than you.
	1. again, just encourages you to think that the only way to win the CCS game is to win (instead of trying to drop out or play ‘fairly’)
5. Accept yourself as you are. Be proud of who you are.
	1. encourages you to move towards pride (which again is no better)

**Chapter Five: Cause**

*Heart issue - these triggers, feelings, and comparisons happen when we* ***take God out of the center of our heart and put ourselves in the center.***

* Looking back at your triggers how can you see those things as a lack of trust in God and his plan, purpose and design in your life?
* What would it look like to have put God at the **center** in that situation?

*Pg. 51 “Measuring ourselves against others, desiring a better position, is a direct result of us taking God’s place a the center of the world and looking for blessings in things that are not our Creator. The reality of CCS shows that our hearts are rejecting God’s loving rule in our lives.”*

**Chapter 6: Treatment**

*Pg. 58. “The truth about God—the gospel message is something we need to know not only intellectually but also emotionally.”*

* What do you think this means to not only know the gospel intellectually but emotionally as well?
* She also said to “Let God be God.” What did she mean by that?

**God is the blessing-bringing creator**

* In what ways does believing God REALLY is the creator, the artist, the author change your struggle in comparison?
	+ Significance believing *God has made you in his image, crowned you with glory and honor.*
	+ Satisfaction knowing *God cares for you, loves you and looks after you.*
	+ Security knowing *God controls the whole earth*. *He is in charge. He has a plan and knows what he is doing.*
* What role does recognizing your sin play in letting God be God?

**God is the blessing-restoring savior**

* How can recognizing Christ as your **savior** give you significance? Satisfaction? Security?
	+ Significance knowing that God *loved me enough that while I was dead in transgressions Christ died for me*. God gave up his son for me
	+ Satisfaction knowing *God has a plan for me*. He has created me in Christ Jesus to do good works. God has a purpose for me in his plan right where I am at.
	+ Security knowing that I’ll be in heaven with Jesus someday. It is secure. God promises to carry me on to completion.

**Chapter 7: Healthy Living**

* What does healthy comparison look like?
	+ Healthy comparison: Comparing not in search of a blessing

If you had to sum up the main point of this book, what would you say it is?