

THE COMPARISON GAME

with Christna Stubbs

Week 3 Worksheet

Name:

Date:

Which truth/truths about comparison resonated with you? Why?

Do you ever find yourself focusing more on what you don't have than what you do have? If so, what are some ways that you can be intentional about cultivating gratitude in your life?

Do you find it hard to admit that you struggle with comparison? Why do you think so? This week, I challenge you to open up about your struggle with someone that you trust, and also to bring it before the Lord in prayer. [If you don't have anyone you feel comfortable opening up to, feel free to contact me through my blog site. We're in this together.]

Has comparison ever been beneficial to you? If so, in what ways? If not, continue to ask the Lord for help in this area. He will help you!

