

WINNING THE BATTLES WITHIN

# MARKETPLACE MONSTER



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# COMPARISON CHANGELING



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# GREED GOBLIN



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# FEAR FIEND



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Whatever you do, work at it with **all your heart**, as working for the Lord, not for human masters.

**COLOSSIANS 3:23**

Above all else **guard your heart**, for **everything you do flows from it**.

**PROVERBS 4:23**

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# COMPARISON CHANGELING



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The background is a solid purple color. It features several large, light purple brushstroke-like shapes that are irregular and somewhat vertical. Scattered throughout are several bright yellow circles of various sizes. The text is centered in the middle of the image.

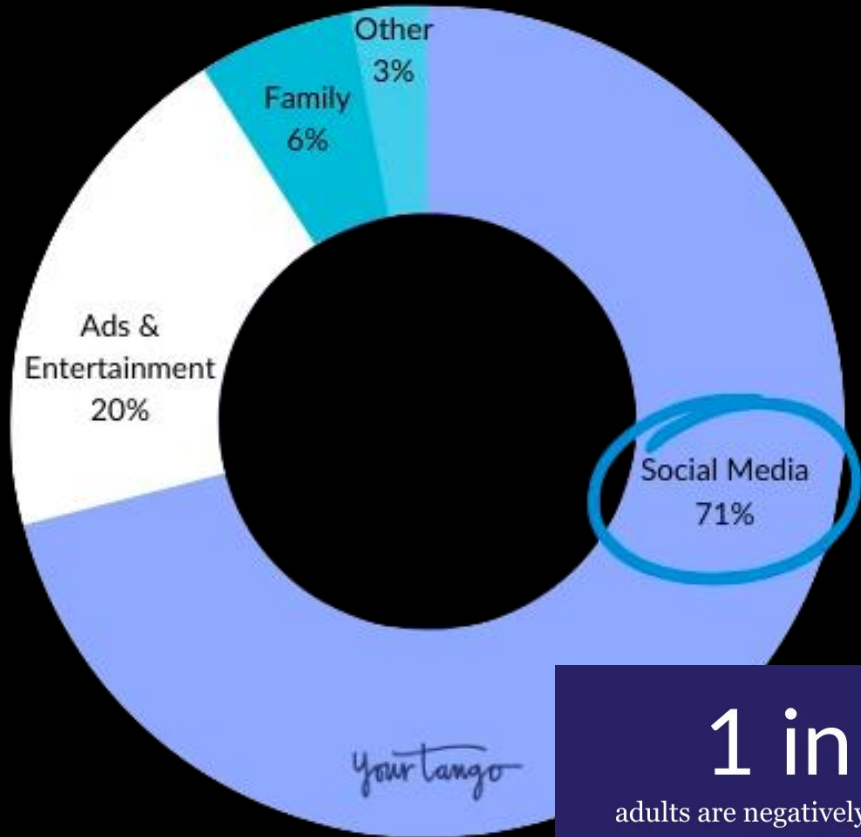
**WHY DO WE  
COMPARE ?**



# TOXIC COMPARISON



## What contributes most to Comparison Culture?



## What emotions do you feel when comparing to someone on social media



1 in 5

adults are negatively impacted by **Comparison Culture** daily.

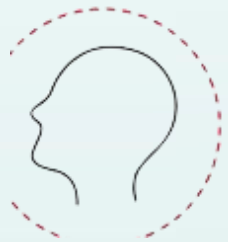


67%

say **Comparison Culture** impacts their relationships with others to some degree.



# THE NEGATIVE IMPACT OF EXTENSIVE SOCIAL MEDIA USAGE



## SOCIAL ISOLATION

High usage of Facebook, Instagram and Snapchat increases the feeling of loneliness.



## SOCIAL COMPARISON

People tend to share just the highlights of their lives, and we often fall into the trap of comparing ourselves to others and make judgement about how we measure up.



## FEAR OF MISSING OUT (FOMO)

Social media seems to portray other people having more fun or living better lives than yourself. This perception can impact your self-esteem, trigger anxiety and fuel even greater social media use.



## ANXIETY & DEPRESSION

If you are only seeing the best parts of everyone's lives and comparing your life with theirs, this could make you feel insecure and hopeless, which may affect your mental health.

pain or distress caused by another's success.

# ENVY

## (PHTHONOS)

Compare → Desire → Resent

For where you have envy and selfish ambition,  
there you find **disorder** and **every evil practice**.

**JAMES 3:16**

They have become filled with every kind of wickedness, evil, greed and depravity. They are **full of envy**, murder, strife, deceit and malice

**ROMANS 1:28**

<sup>3</sup> For by the grace given to me I say to everyone among you **not to think** of himself **more highly than he ought** to think, but to think with sober judgment, each according to the measure of faith that **God has assigned**. <sup>4</sup> For as in **one body** we have **many members**, and the members **do not all have the same function**,

**ROMANS 12:3-4**



**WHAT ENVY  
(TOXIC COMPARISON)  
DOES TO US?**



# 1. IT ROBBS OUR JOY

A heart at peace gives life to the body, but  
**envy rots the bones.**

**PROVERBS 14:30**

## 2. IT RUINS RELATIONSHIPS

Let us not become **conceited, provoking**  
and **envying** each other

**GALATIANS 5:26**

### 3. IT LEADS US TO COMPROMISE

<sup>19</sup> But the people refused to obey the voice of Samuel. And they said, “No! But **there shall be a king over us,** <sup>20</sup> that we also may **be like all the nations,** and that our king may judge us and go out before us and fight our battles.”

**1 SAMUEL 8:19-20**

1 Samuel 10:19 But today you have rejected your God,



**WHAT CAN  
WE DO?**

# 1. CALLING (KNOW YOUR IDENTITY)

For we are **his workmanship, created in Christ Jesus for good works**, which God prepared beforehand, that we **should walk in them**.

**EPHESIANS 2:10**

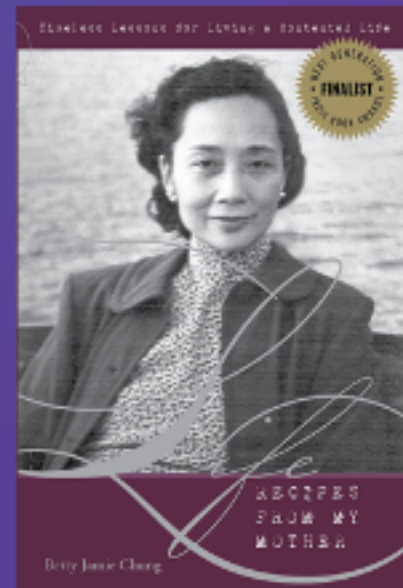
4 But let each one **test his own work**, and then his reason to boast will be in himself alone and not in his neighbor. 5 For **each will have to bear his own load**.

**GALATIANS 6:4-5**

“ Comparison with **myself** brings **improvement**, comparison with **others** brings **discontent.** ”

**Dr Betty Jamie Chung**

Life Recipes from My Mother: Timeless Lessons for Living a Contented Life



That means **we will not compare** ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. **Each of us is an original.**

**GALATIANS 5:26**

## 2. CONTENTMENT (BE GRATEFUL)

Not that I am speaking of being in need, for I have learned in whatever situation I am **to be content.**

**PHILIPPIANS 4:11**



# CONTENTMENT

Comparison looks at what we do not have.

**Contentment looks at what we have**

Comparison brings strife

**Contentment brings peace.**

It's better to **enjoy what we have** than to always **want something else**, because that makes no more sense than chasing the wind.

**ECCLESIASTES 6:9 (CEV)**

But **godliness** with **contentment** is great **gain**,

**1 TIMOTHY 6:6**

To be content doesn't mean  
you **don't desire more,**  
it means you're **thankful** for  
**what you have** and **patient** for  
**what's to come.**

# 3. CELEBRATE OTHER'S SUCCESS

**Rejoice** with those who **rejoice**,

**ROMANS 12:15**

Do nothing from selfish ambition or conceit, but in humility **count others more significant** than yourselves. 4 Let each of you **look not only** to his **own interests**, but **also** to the **interests of others**.

**PHILIPPIANS 2:3-4**

## **WHAT ENVY DOES TO US?**

- 1. IT ROBBS OUR JOY**
- 2. IT RUINS  
RELATIONSHIPS**
- 3. IT LEADS US TO  
COMPROMISE**

## **WHAT CAN WE DO?**

- 1. CALLING**
- 2. CONTENTMENT**
- 3. CELEBRATE**

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