

# Running Light: Comparison

*Pastor Darcy Siggelkow*

Hebrews 12:1 “...let us strip off every weight that slows us down.”

We often carry extra baggage in our lives that slows us down. It is sin but not only sin - often relational mud.

1 Samuel 8:1-6 (MSG)

“Appoint a king to rule us, just like everybody else.” - comparison.

FOMO - anxiety that an exciting or interesting event may currently be happening elsewhere - Fear Of Missing Out.

**Question:** What is the best example of FOMO you have experienced or seen?

1 Samuel 8:20: “our king will protect us.”

1 Samuel 8:6-9: Samuel was crushed but God told Him that the people were rejecting Him as King, not Samuel.

“Irreligious people reject God by not wanting him to be part of their lives; religious people reject God by letting Him be a part of their lives, but not really trusting Him or depending on Him.”

J.D. Greear

**Questions:** What do you require in addition to God to feel secure, happy or fulfilled? What are you working hardest at to obtain? What are you most worried about losing? What are you hanging on to the tightest?

The root of comparison is a loss of perspective on your own life and calling.

**How to keep your perspective in a world of comparison:**

- **Embrace your true identity in Christ** instead of comparing to others around us.

Our identity is received in part from many things in our lives but is not the core. If the core is not Christ, then identity will shift to match who you are around.

Many of us understand intellectually that we are loved by God, but in our day-to-day experience we continue to base our value and identity on something else.

**Questions:** Is the sense of your core identity solid? What is the “story” of your life where the core of your identity has become clear?

- **Focus on your true calling** instead of living for the expectations of others.

“So much of our unhappiness comes from comparing our lives, our friendships, our loves, our commitments, our duties, our bodies and our sexuality to some idealized and non-Christian vision of things which falsely assures us that there is a heaven on earth. When that happens, and it does, our tensions begin to drive us mad.”  
Ronald Rolheiser

A modern misconception: “You can do anything: be anything.” We either deep down know this isn’t true or we can’t live up to the expectation leading to anxiety and depression.

**Questions:** Do you have a sense of calling? What is the life “story” that shows your calling?

