

# DAILY DEVOTIONAL

## This or That / Week 1

*“Indeed, the very hairs of your head are all numbered. Don’t be afraid; you are worth more than many sparrows.”*

*Luke 12:7 NIV*

### DAY 1

Have you ever had a day where you felt like you didn’t measure up? Maybe one of your friends just got noticed by their crush, or someone you know just made the team. But you? You feel like nobody notices you. It’s so easy to believe our value is based on what we achieve, what we earn, or what we get in comparison to others. But that’s not the way God sees us. He notices every detail about who we are. And not just that, He believes those details matter. They’re important. They’re where we find our value. When you start to feel less important in comparison to others, shift your focus to what God thinks and says about you. Let that be where you find your value.

*“Then I observed that most people are motivated to success because they envy their neighbors. But this, too, is meaningless—like chasing the wind.”*

*Ecclesiastes 4:4 NLT*

### DAY 2

It’s easy to get caught up in the cycle of trying to achieve something. Working hard to reach a goal or earn something important to you—there’s nothing wrong with that! But Solomon reminds us here that when it comes to achievement, we need to check our motivations. If any part of what we’re pursuing is motivated by jealousy or comparison—if we’re trying to achieve simply because we want to measure up to someone else—then we’ll never be satisfied. Is there an area of your life where you’re pursuing a goal or trying to achieve something? Pray that God will help you be motivated by the right things as you try to achieve it.

*“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves.”*

*Philippians 2:3 NLT*

### DAY 3

Pride is tricky because it can cause us to compare ourselves to others—believing that we are, in fact, better than the people around us. But humility—not being proud or arrogant—is the answer to pride. It helps us remember who we are and who others are. It helps us see with God’s eyes. Putting others first is a great way to take the focus off of ourselves and instead, put it on others in a positive way. And one of the simplest ways to do that is by serving someone else. Doing something to serve someone else can go a long way in helping you practice humility. What’s one way you can serve someone in your life this week?

<p><i>“For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.”</i></p> <p><i>James 3:16 NLT</i></p>	<p><b>DAY 4</b></p> <p>One of the most dangerous parts of comparison is the way it causes jealousy. What starts as a simple thought in your head about the way you compare to someone else can quickly become jealousy that, if you’re not careful, will cause separation and conflict in your relationship with that person. Simply put: Jealousy has the power to destroy relationships, and no one wants that! Is there a relationship in your life that causes you to feel jealous? A person you find yourself feeling jealous of often? Pray that God would help you see both yourself and the other person with His eyes, which can free you from feeling jealous.</p>
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<p><i>“A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.”</i></p> <p><i>Proverbs 14:30 NLT</i></p>	<p><b>DAY 5</b></p> <p>If you’ve ever suffered from an illness, then you know how difficult it can be on the body. It’s painful, affecting so many parts of your life and even can be difficult to defeat. Comparison can be a lot like that! Trying to measure up to someone else can cause a lot of pain, take over your life, and be very difficult to stop. But the good news is this: God hasn’t left us without a cure. A peaceful heart is the key to a healthy life—the cure for comparison. And the best way to help our hearts stay at peace is by filling them with God’s Word.</p>
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<p><i>“Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won’t need to compare yourself to anyone else.”</i></p> <p><i>Galatians 6:4 NLT</i></p>	<p><b>DAY 6</b></p> <p>Nothing seems to distract us as quickly as comparison. It takes our focus away from what God’s given us and moves it instead toward what God has given someone else. The result? We’re never happy with what we have. And that definitely doesn’t sound like a good way to live. Rather than let yourself be distracted by comparison, focus your attention on what God’s put in front of you. Look at what you have and who you are in Him and remember, that will always be enough. This week, ask a friend or Small Group Leader to help you stay focused on God’s gifts in your life.</p>
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<p><i>“Above all else, guard your heart, for everything you do flows from it.”</i></p> <p><i>Proverbs 4:23 NIV</i></p>	<p><b>DAY 7</b></p> <p>Memorizing verses from the Bible is a great way to keep God’s truth close to you. It allows you to not only know the truth in your mind, but to have it in your heart—just like this verse says! Make an effort this week to memorize this verse. Write it down somewhere you will see it often, and when you see it, say it out loud to help you commit it to memory.</p>
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