

# HOW TO STOP COMPARISONS

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No person is of better value or quality to God. His love for us is perfect and unconditional because of Him not us.

## 1 APPEARANCES

Learn to respect your body.  
Appreciate what your body does for you.  
Focus on viewing your appearance as God's design.

## 2 INTERNAL/CHARACTER

Acknowledge your positive qualities.  
Focus on how those characteristics are God honoring.  
Think of how you are uniquely able to bring people to God's kingdom.

## 3 SPIRITUALITY

Focus on your own personal time with Jesus.  
Engage in bible studies and tools that will grow your understanding and faith.  
Utilize a prayer journal to be able to reflect on your own growth and how God has worked in your life.  
Find your own unique ways to praise and worship God.

## 4 OUR WORKS

Unplug from social media every once in a while.  
Set personal goals based on your own desire for growth.

## 5 FAMILY

Focus on being thankful for your spouse.  
Recognize the positive attributes of your children.  
Acknowledge the blessing God has given your family.

## 6 POSSESSIONS

Acknowledge your needs verses wants.  
Recognize how God has provided for you.  
Understand that "stuff" doesn't lead to happiness or joy.

## 7 OUR PAST

Ask for God's forgiveness in past behaviors you feel guilty or ashamed of.  
Work towards forgiving yourself of any past situations.  
Let go of resentment and bitterness towards others who have hurt you.

## 8 OUR CURRENT SITUATION

Ask God to show you the areas He want you to give over to Him.  
Seek support from someone you trust.  
Allow yourself to be loved by God. He wants a relationship with you. Now. Right as you are.