

## **LG Fall Week 9 - 11/8/20 Leader Guide**

"Toxic" message series - Week 3

### **Getting to Know You**

1.) We all struggle with comparison issues in our lives. Describe what happens inside of you as you get caught up in comparing yourself with others. What do you think you need to do to help fight against the urge to do that? **We are not looking for people to just say they compare; we are looking for people to discuss what that causes in their mind and heart. It might be feeling inferior or superior, being left wanting more, lacking gratitude for what they do have, changing perspectives, or whatever else. We want people to call out what happens when they compare and then try to strategize how to overcome that.**

2.) In what area of your life are you most likely to find yourself falling into the comparison trap? What's the trigger that sends you off that way? When you compare, do you usually see yourself as superior or inferior? **We want people to understand what most commonly causes them to compare and too also see if they have a default way of seeing themselves when that does happen.**

3.) Do you struggle more with asking someone else to help carry your burdens or with helping others carry theirs? What stops you from allowing or asking others to carry your burdens? What stops you from joining the mission of helping carry others' burdens? Why do you think that is? **For most people, the harder one will probably be asking for help. This question may lead to great conversations and realizations, so please dive in and really dig deep on this one.**

### **Into the Bible**

4.) Read Mark 12:41-44. In this passage Jesus shows the disciples that the heart, faith, and motive of the widow are actually more important than the gift itself. As you give or help someone carry a burden, how do you check your heart and motives? **Sometimes, if we are honest, our motive for helping others is not for their betterment or to serve Christ, it is because it makes us feel better about who we are, and in that we do not help others well and obviously our motive is poor. We want to talk about how we know and how we can check ourselves to really test our true goal.**

5.) Read Romans 12:9-18. What part of this passage stands out to you most? What part of this passage do you need to focus on to help you stop comparing and start carrying others' burdens? **We just want people to really break down this passage and look at all the things that it calls us to as Christ followers. Then we want to try and select a few that would help us mature as Christ followers.**

6.) Read Psalm 139:1-16. How do you keep your life firmly rooted in Christ, knowing that God has made you specifically the way he wants you, rather than comparing yourself to others and allowing that to influence your identity? **So much of this, like the rest of life, comes down to our**

identity and whether we are seeking the approval of man or of God. Most, if not all of our struggles would probably go away if our identity were firmly rooted in Christ, so we want to discuss how best to help that happen.

### **Application**

7.) Whose burden could you help carry this week? Share with your group what it is and how you could help.

We want people to think about how they can live this out and love others in this way.

8.) What burden of yours can your group help you carry? This will be really hard for some people, but it is such a key part of relationships and also for the church to be the church. Try to be as vulnerable and honest as possible as the leader and make sure everyone knows the group really does want to know and have the chance to support. Then, when someone does share, make a plan of how to help and make sure to do it.