



SMALL GROUP LEADER GUIDE

Measure Up / Week 1

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

LEADER PREP

BOTTOM LINE

Trying to measure up only brings us down.

SCRIPTURE

And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind. Fools fold their hands and ruin themselves. Better one handful with tranquillity than two handfuls with toil and chasing after the wind. Again I saw something meaningless under the sun: There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business! (Ecclesiastes 4:4-8 NIV).

GOAL OF SMALL GROUP

To help students see the disadvantages of constantly comparing themselves to other people; and to help them understand the benefits of letting that comparison go.

THINK ABOUT THIS

Leaders—even the most confident students in your group will struggle with comparison. Just because they're not trying to measure up in obvious ways doesn't mean that there isn't something that's making them feel insecure.

CONVERSATION GUIDE

Create meaningful conversation. Adjust the questions as needed, and don't feel like you need to answer all of them.

DISCUSSION QUESTIONS

1. Name some ways that you're tempted to compare yourself to others.
2. What are you most likely to *feel* after trying to compare yourself to someone else?
 - Content
 - Discontent
 - Angry
 - Grateful
 - Jealous
 - Superior
3. What are some of the "ers" you see people wanting to be (richer, skinnier, smarter, handsomer, funnier, cooler, etc.)?
4. When was a time you felt discontentment after achieving something you were trying to achieve? Why do you think you felt that way?
5. Why do we have a tendency to enjoy seeing other people fail?
6. How would you feel if you could let go of comparing yourself to others. (*Leaders, you may need to prompt your students with some examples: less worried, less exhausted, etc. Ask them why they would feel those things.*)

TRY THIS

Leaders—ask your students to take a day off from trying to measure up to other people. At some point that day, remind them of the bottom line: **Trying to measure up only brings us down.**