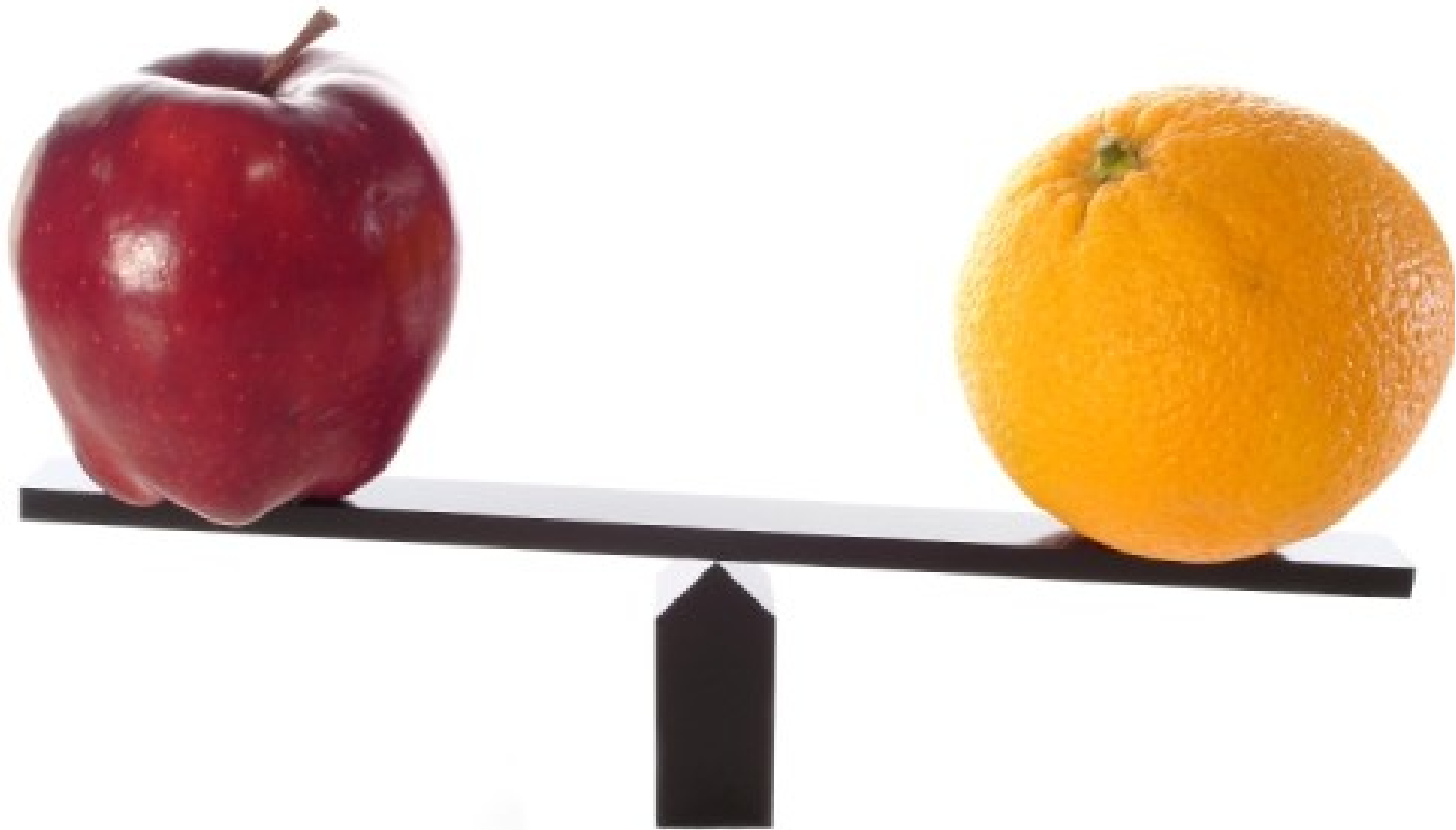


No Comparison - Part 2

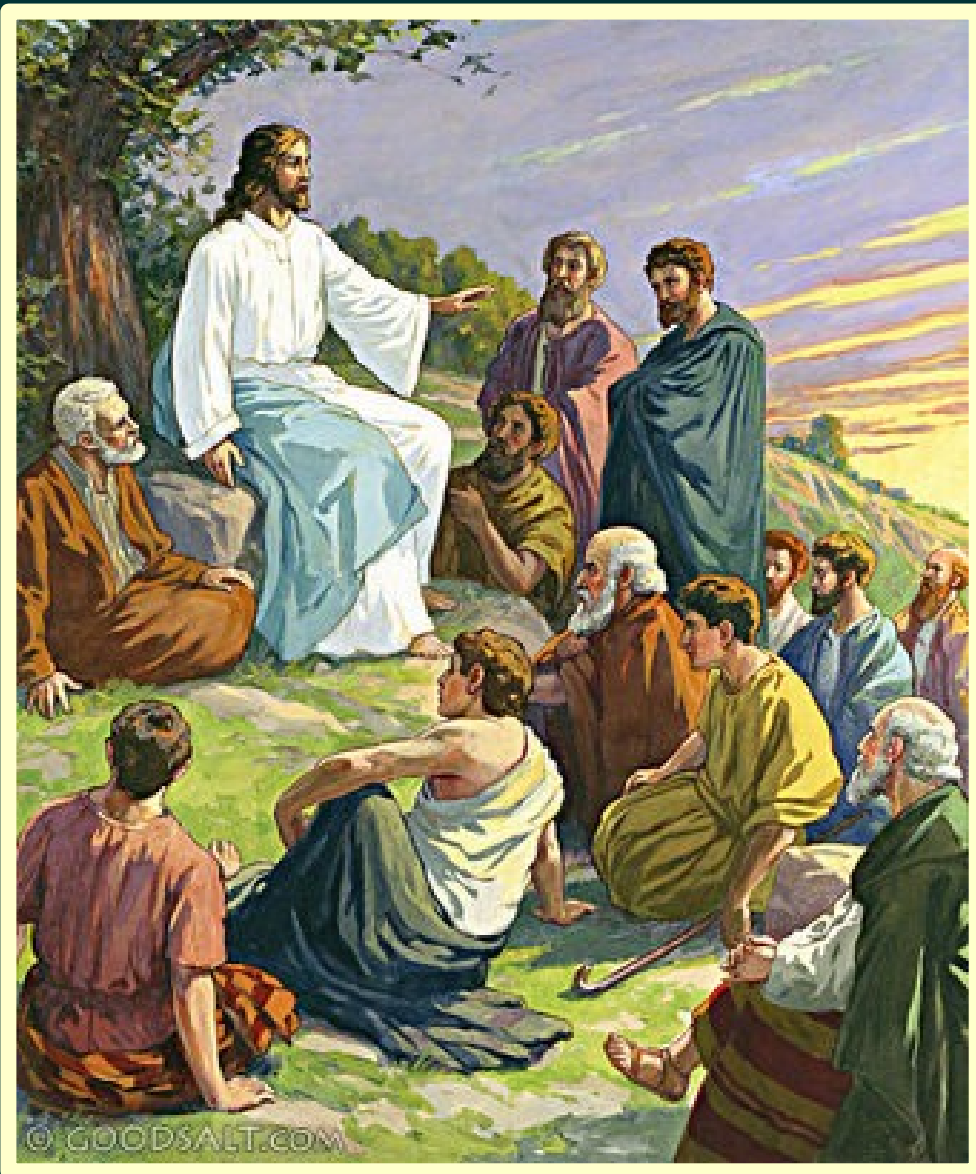


Comparing Our Righteousness



Sometimes when we
compare ourselves to others,
we feel that we don't measure
up, so we hide those feelings
behind
a mask.





To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: “Two men went up to the temple to pray, one a Pharisee and the other a tax collector.

The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.'



But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’ I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.” (Luke 18: 9-14)



**There are only two kinds of men:
The righteous who think
they are sinners and**

Luke 18:9-14



GodIsMercy

Blaise Pascal

**the sinners who think
they are righteous.**

**The reason
why we struggle with**

INSECURITY

**is because we compare
our behind the scenes with
everyone else's**

HIGHLIGHT REEL.

– Steven Furtick

Stop Comparing and Start Cheering

Sometimes we need to give ourselves a pep talk. This is where we need to remind ourselves of our strengths instead of obsessing over our weaknesses.

**Talk to yourself
like you would
to someone
you love.**

Sometimes our self-talk takes an ugly turn and instead of being our own cheer squad and best buddy – we bully ourselves. Stop name calling.

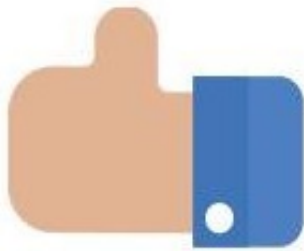
Start monitoring the way you speak to yourself and start working on improving what that voice in your head is telling you.

You will never speak
to anyone more than
you speak to yourself
in your head, be kind
to yourself.





Positive vs. Negative Self-Talk

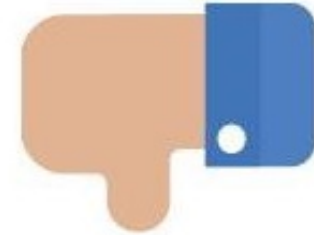


Positive and Optimistic

**Logical, rational and
productive**

Boosts confidence

**Heightens focus/
concentration on the
task at hand**



Negative and Pessimistic

**Illogical, irrational and
unproductive**

Deflates confidence

**Reduces focus and
increases distractions**



Positive vs. Negative Self-Talk

**Attributes failure to
surmountable factors**

**Appraises problems as a
challenge or opportunity**

**Motivates you to push
your limits**

Focuses on the present

Alleviates stress



**Attributes failure to
insurmountable factors**

**Appraises problems as
threats to be eliminated**

**Motivates you to give
up easily**

Focuses on the past or future

Promotes stress

What Is Negative Self-Talk?

- I am confident
- I'm not shy
- I will speak slowly and clearly
- I won't mess up in the meeting today
- I'm going to be positive

Identifying Negative Self-Talk?

- I'm not going to be negative
- I always make mistakes
- I could never do that
- I'm too old to learn new skills
- I'm not clumsy

A statement's negative if it's a statement about something that's derogatory (being clumsy, ugly, stupid, etc.) or, it's a statement about something you don't want to happen (I won't mess up, I am not shy, etc.)

If you take the first two examples above. I am confident and I'm not shy. To your conscious mind, they're both basically the same thing.

But to your sub-conscious, it only sees the adjective in the statement: confident and shy.

Then it tries to reach those goals. In the first case your mind will try to prove you're confident, by reminding you of times you acted confidently.

In the second, it will try to prove you're shy, by bringing up times when you struggled in social situations, for example.

So, whenever you use affirmations to help you, always make sure that you're using a statement of what you want to happen, rather than what you don't.

Using positive affirmations, backed up with appropriate action, can be very helpful but, unfortunately, using negative self-talk can have devastating effects.

This is especially true when you thought you were using positive statements (I am not shy). Because then, you start to believe that the affirmations aren't working, when really they are and you're just asking for the wrong things!

Take some time to decide on a few positive affirmations, then use them at least a couple times each day. You'll be surprised at the result.




CHANGE YOUR THOUGHTS
— AND YOU CHANGE —
YOUR WORLD.

- Norman Vincent Peale

**"The happiness
of your life
depends upon
the quality of
your thoughts."**

Marcus Aurelius



*It all begins and ends
in Your own mind.
What You give power to
is what has power
over You...
if You allow it.*

JB/My Day My Way



THOUGHTS



ACTIONS



HABITS



CHARACTER

For as a man thinketh in
his heart, so is he.

Proverbs 23:7

Satan's target
is your mind,
and his weapons
are lies.

So fill
your mind
with the word
of God.

You Say... God Says...

You Say

I can't figure it out.

I'm too tired.

It's impossible.

Nobody loves me.

I can't forgive myself.

It's not worth it.

I'm not smart enough.

I'm not able.

I can't go on.

I can't do it.

I can't manage.

I'm afraid.

I feel all alone.

God Says

I will direct your steps.

I will give you rest.

All things are possible.

I love you.

I forgive you.

It will be worth it.

I will give you wisdom.

I am able.

My grace is sufficient.

You can do all things.

I will supply all your needs.

I have not given you fear.

I will never leave you.

Bible Verses

Proverbs 3:5-6

Matthew 11:28-30

Luke 18:27

John 3:16

Romans 8:1

Romans 8:28

I Corinthians 1:30

II Corinthians 9:8

II Corinthians 12:9

Philippians 4:13

Philippians 4:19

II Timothy 1:7

Hebrews 13:5



2 Corinthians 10:5

*You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.*

Isaiah 26:3



"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things" (Phil. 4:6-8).



The End