

# LIFE GROUP DISCUSSION WEEK 2

## Pay Attention



## GUIDE –

May 3:

### Compare & Despair

*This guide is designed for LIFE Groups meeting this week, but can also be used for conversation with a spouse or friend, or for personal reflection.*

- 1. Comparison:** Where do you notice yourself comparing your life to others—whether online or in everyday life? How does that comparison affect your sense of joy or self-worth?
- 2. Being fully known by God:** Psalm 139 says God knows us completely. What parts of being *fully known* feel comforting? What parts feel uncomfortable or even scary? Why do you think both reactions can exist at the same time?
- 3. “Fearfully and wonderfully Made”:** Even in a very connected world, many people feel lonely or “not enough.” When have you experienced that? What might it look like to trust that you are created good and deeply known by God in those moments?
- 4. “Search me... lead me” (verses 23-24):** The psalm ends with an invitation: “Search me... and lead me.” What do you think it means to invite God to truly *know* and *lead* you? Where in your life right now are you longing for God’s guidance?

### This Week’s Experiment: The Social Media Reset

**This week, notice where comparison creeps in, then gently reset your attention.**

Choose one option:

- Take a break from something that tends to pull you into comparison (social media, news, TV, conversations, etc.) for the week
- Set a simple boundary (for example: limit scrolling, step away from certain conversations, or reduce time spent on things that leave you feeling “not enough”)
- When you feel the urge to compare yourself to others, pause and name one thing you’re grateful for about your own life
- Spend a few quiet minutes each day praying, “Search me, O God... and lead me,” and notice what God might be revealing or reshaping in you

**Pay attention to how comparison affects your heart—and what happens when you step away.**