BIBLE STUDY WORKSHEET

Comparison, Jealousy, and Contentment

Another woman's blessing does not cancel God's care for you.

Prepared by Vanessa

"Godliness with contentment is great gain."
1 Timothy 6:6

OPENING PRAYER

God, free my heart from measuring my life against someone else's. Show me what jealousy is revealing, heal what feels overlooked, and teach me to celebrate others without abandoning gratitude for my own story. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps us identify comparison, listen to jealousy without shame, practice gratitude, and celebrate others while honoring our own path.

[ ] Notice comparison [ ] Name desire [ ] Practice gratitude [ ] Celebrate freely

PART 1

Comparison Distorts Perspective

Comparison highlights another person's visible strengths while hiding their full story and minimizing our own growth.

> **Each one should test their own actions.**
>
> Galatians 6:4

TRUTH TO CARRY

Comparison is incomplete information treated like a verdict.

REFLECT AND DISCUSS

Who triggers comparison most often?

What story do you tell about her life?

What part of your own growth gets ignored?

> **Your life is not behind because it looks different.**

PART 2

Jealousy Can Reveal Desire

Jealousy may point toward a real longing for security, recognition, marriage, motherhood, opportunity, beauty, or purpose.

> **Hope deferred makes the heart sick.**
>
> Proverbs 13:12

TRUTH TO CARRY

Naming desire honestly is healthier than turning it into resentment.

REFLECT AND DISCUSS

What desire is jealousy revealing?

How can you bring it to God honestly?

What healthy action is available?

> **A longing can be honored without becoming an accusation.**

PART 3

Gratitude Expands Attention

Gratitude does not deny unmet desire. It trains attention to recognize provision alongside longing.

Give thanks in all circumstances.

1 Thessalonians 5:18

TRUTH TO CARRY

Contentment is not pretending you want nothing; it is refusing to overlook what is present.

REFLECT AND DISCUSS

What is good in your life today?

What growth deserves recognition?

Which ordinary gift have you overlooked?

Gratitude and desire can share the same prayer.

PART 4

Celebration Breaks Scarcity

Celebrating others resists the belief that blessing is scarce and someone else's gain is your loss.

> **Rejoice with those who rejoice.**
>
> Romans 12:15

TRUTH TO CARRY

Celebration can be practiced even when feelings need time to follow.

REFLECT AND DISCUSS

Whose joy is difficult to celebrate?

What sincere encouragement can you offer?

What boundary with social media might protect contentment?

> **Her win is not your rejection.**

PRACTICE

My Contentment Reset

Turn one comparison trigger into honesty, gratitude, and a grounded next step.

The person or situation that triggers comparison:

The desire underneath my jealousy:

Three gifts present in my life:

One step I can take toward healthy growth:

One way I can sincerely celebrate someone else:

THIS WEEK I WILL

[ ] Limit triggering media
[ ] Name desire without shame
[ ] List daily gratitude
[ ] Bless instead of criticize
[ ] Honor my pace
[ ] Ask for what I need

MY ANCHOR PRAYER

God, help me honor my story and celebrate what You are doing in others.

CLOSING TOGETHER

There Is Room for Both of Us

Contentment allows admiration without self-rejection and desire without resentment.

CLOSING PRAYER

Father, heal scarcity in us. Teach us to celebrate freely, desire honestly, and notice the gifts already present. Amen.

A WORD OF ENCOURAGEMENT

Someone else shining does not require you to become smaller.

CLOSING CIRCLE

One comparison I am releasing:

One gift in my own life I want to honor:

MY DECLARATION

I will not use another woman's story as evidence against my own.

Signature

Date