

# **The Pray More Lenten Retreat Study Guide**

## **Eliminating Self-Comparison for Grateful Reality with Katie Sciba**

### **Reflective Questions**

“Comparison is the thief of joy.” - Theodore Roosevelt

1. Katie shares that comparing ourselves to others can make us feel either superior or inferior to others – thus depriving us of joy or making us feel prideful. Is this something that you have experienced? What sort of comparisons do you tend to make when comparing yourself to others? Do you see yourself as the source of your gifts or do you see it as a gift from God?
2. The next time you find that you are comparing yourself to others, this Lent, challenge yourself to say this prayer, “Lord, thank you for what I have and for what I don’t have.” What are you blessed with? What do you have? What is something that you do not have that is a blessing in your life? Have you thanked God for what you don’t have?
3. Katie states that the cure for self-comparison is to take that situation when there is someone who makes you feel a little jealous and we can take that jealousy and turn it into praise and admiration. If you find that you feel jealous of what someone else has challenge yourself to turn it into praise and positivity. Try saying something like, “Wow, thank God that you are such a wonderful (fill in the blank). Give a compliment to someone else. Recognizing the gifts of other people will joyfully raise both of you up, giving glory to God’s gifts to that person.
4. What is it that you ache for? What do you want in life? Ask the Lord for what you want and couple the request with this prayer, “If it is not your will, help me to bear this desire with grace”. Although God does answer prayers, sometimes the answer is, “No”. When the answer is, “No” that doesn’t mean that the ache will go away but it does mean that we can entrust those things to God. What is something that you want in life that you can entrust to God? All of us are inclined to try to escape from suffering. Sometimes we even go to great lengths to make our lives more

comfortable and to escape unpleasantness. How have you attempted to escape from suffering in your life? Has it ever caused you to suffer more in the long run?