



WEEK ONE

2 CORINTHIANS 10:12;
2 CORINTHIANS 10:18;
PROVERBS 4:23

God doesn't compare you to others.

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WEEK TWO

1 SAMUEL 18:8-9;
PROVERBS 14:30

When we stop comparing, we can better celebrate others and ourselves.

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WEEK THREE

ROMANS 12:2; ROMANS 12:6

God wants us to see ourselves the way He does.



REMEMBER THIS:

"Guard your heart above all else, for it determines the course of your life."

PROVERBS 4:23, NIV



THINK ABOUT THIS:

This or That is a three-week series designed to help your kid break the cycle of comparison in their lives. In this phase, your middle schooler cares a lot about the way they're perceived by others. Though they may not verbalize it, they're comparing themselves to their peers, their siblings, the people they see on social media, and more. As a parent, the best thing you can do to respond to the mental comparison game they're playing is affirm who they are and how God made them, reminding them that they don't need to be anyone other than themselves.

 DO THIS:**MORNING TIME**

Watch the way you speak to or talk about your kid—especially in comparison to other kids in your family or home. Instead of talking about them in comparison to their friends or siblings, make a point this week to affirm exactly what you love about *them*.

**MEAL TIME**

Work on celebrating one another as a family this week! During a meal, designate one member of your family to be celebrated by the others. Take turns sharing kind words about that family member until everyone has shared. Repeat this celebration throughout the week until everyone has been celebrated.

**DRIVE TIME**

Let your family create a playlist of songs that build them up and celebrate how uniquely God made and loves them. Play it this week in the car and talk about the ways each song lifts or builds you up as you listen.

**BED TIME**

Sometimes the best way to talk to your kid about something they're feeling or experiencing is to share how you've felt or experienced the same thing! This week, share a story about a time in your life that comparison made you feel like you weren't enough or didn't measure up.