



SMALL GROUP LEADER GUIDE

Like Me / Week 1

BEFORE GROUP

BOTTOM LINE

Don't compare your worth with their posts.

SCRIPTURE

We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise (2 Corinthians 10:12 NLT).

Above all else, guard your heart, for everything you do flows from it (Proverbs 4:23 NIV).

GOAL OF SMALL GROUP

To help students understand that comparison is unfair because we tend to compare our entire lives (private and public) to the small window of other's lives that we see on social media or at school.

THINK ABOUT THIS

In this phase, students deal with comparison from multiple sources, whether it's school, friend groups, family, sports, or social media which can all affect the way they interact with others, both in their lives and in the small group. In your small group, by seeking to understand the source(s) of comparison, you can make the conversation even more personal and helpful.

Create meaningful conversation. Adjust the questions as need, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

1. What are your favorite Instagram accounts you follow (of people you don't actually know)? Why do you follow them?
2. What's one area where you tend to compare your life to other people's lives?
3. We all have expectations about who we are "supposed to be," is there an area of your life where you are disappointed in who you are?
4. This past year we have all probably spent more time on social media than ever before because of being at home due to the Coronavirus. How did you notice it affecting how you saw yourself and your mood?
5. What's the difference between comparing yourself to someone and looking up to someone, or seeing them as a role model?
6. We all know no one's social media post reflect their reality. If we know that, why do you think other people's posts still affect us the way they do?
7. Read Proverbs 4:23. Why do you think it matters that you guard your heart?
8. What is one area of your life you need to guard better?

TRY THIS

This week, have your students write down Proverbs 4:23 on a sticky note or a small piece of paper and stick it to the back of their phone. Challenge your students to read the verse out loud before and/or after they open a social media app. Throughout the week, check up on your students and ask how being reminded to guard their hearts may or may not have helped them not compare their lives with others' posts.