



The Land of Er

Sunday, January 14, 2018

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1. It is human nature for comparison and competition to drive us in life

- Lie: I want to reach my potential and be excellent
- Truth: I want to win

2. Comparison is a game with no winners

- Lose-lose instead of win-win
- There is always someone with more “Er” than you

⁴ Then I observed that most people are motivated to success because they envy their neighbors. But this, too, is meaningless—like chasing the wind. ⁵ “Fools fold their idle hands, leading them to ruin.” ⁶ And yet, “Better to have one handful with quietness than two handfuls with hard work and chasing the wind.” ⁷ I observed yet another example of something meaningless under the sun. ⁸ This is the case of a man who is all alone, without a child or a brother, yet who works hard to gain as much wealth as he can. But then he asks himself, “Who am I working for? Why am I giving up so much pleasure now?” It is all so meaningless and depressing. **Ecclesiastes 4:4-8 NLT**

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. **Proverbs 14:30 NLT**

3. Comparison is a spiritual issue

- Looking to the left and right to see if I’m alright
- What do I use as my reference point?

And yet, “Better to have one handful with quietness than two handfuls with hard work and chasing the wind.”

Ecclesiastes 4:6 NLT

Next Steps:

- Re-read today’s Bible verses
- Ask God to help me see the areas in my life where I am compare myself others
- Seek peace and let go of envy: _____
- Keep myself focused on God as my reference point in life
- Attend next 2 weeks of “The Comparison Trap”
- _____