



## How to Conquer Comparisons

Have you ever questioned why God isn't blessing you in the same way as someone else? When I find myself making comparisons and wanting what someone else has, I must consciously choose to redirect my thinking. Too many of us live with an uncontrolled thought life. It is possible to learn to identify destructive thoughts and make wiser choices. Instead of letting these thoughts rumble freely about in my mind, I make the choice to harness them and direct them toward truth.

Think of something you want that someone else has. Have you been lured into thinking, "If only I had \_\_\_\_\_ like that person, my life would be great!"

Now, practice redirecting those thoughts by saying instead:

I am not equipped for her good.

I am not equipped for her bad.

I am not equipped to carry the weight of her victories.

I am not equipped to shoulder her burdens.

I am not equipped to be her in any way.

I am, however, perfectly equipped to be me.

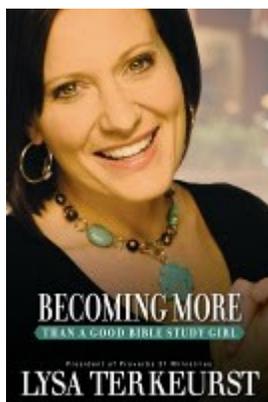
Therefore, thank You, God, for only entrusting me with what I have and who I am.

When I compare myself to others and focus on wanting what they have, it quite simply wears me out trying to figure out how to have more, be more, and do more. That's why Jesus instructs worn-out people, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28–30).

Note a couple key words in these verses. A "yoke" is a wooden frame used to harness two draft animals to whatever they have to pull. The Greek word for "easy" can also mean "well-fitted." Combine this information together and it appears that Jesus is saying He has equipped each of us

with well-fitted assignments in life. As long as we do and aspire to only what He calls us, our burden will not only be manageable, it will be light.

It's also interesting to note that when an animal is in training, a farmer will often put it in a head yoke rather than a neck yoke to keep the animal from looking around and getting anxious. I think my head yoke has been the thought-redirecting statement, "I'm not equipped to handle what they have—both good and bad." It sure has stopped me from looking around and getting anxious!



For more information on this topic, read Lysa's book, *Becoming More Than a Good Bible Study Girl*.

**Lysa TerKeurst** helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey. For more information, visit [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com)

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