



Fighting Comparison with Our Identity in Christ



Comparison is the act of evaluating two or more things, including similarities and differences. But comparison can very quickly become a thief, stealing the joy we have in Christ and who He made us to be. Our culture seems to revolve around comparison with the help of multiple social media platforms. The struggle with comparison affects children of all ages, because they have grown accustomed to the chart mentality of earning favor with specific behaviors.

So, how do we help our children fight the battle of comparison? An identity crisis can occur when our children place their significance in things that change, such as academics, athletics and other activities, or relationships. These things do not provide stability, but God does. God never changes (Malachi 3:6). God never leaves us (Deuteronomy 31:6). And we cannot be separated from God's love (Romans 8:38-39). Our significance is in Him alone.

Believing our Creator loves us helps us see our true, unshakeable identity. So, the first thing we must do as parents is teach our children about God's love. Reminding our children that God's love is unconditional and is not based on performance is a top priority. We must encourage our children to believe in Christ, to believe they are enough because of His sacrifice on the cross, and to trust Him as their Redeemer (John 6:29).

When we accept Christ as our Savior, we can rest in Him, but the daily battle against comparison must still be fought. This is where the importance of Scripture comes in to play. Here are several verses to share with your children to empower them as they fight comparison and discover their true identity in their Creator, Savior, and Friend.

Genesis 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.

Psalms 119:105 Your word is a lamp to my feet and a light to my path.

Psalms 139:13-14 For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.



Romans 8:15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by who we cry, “Abba! Father!”

Ephesians 2:10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Philippians 3:20 But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ.

1 Peter 2:9 But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.