



Compare
NOT!

CONQUERING COMPARISON
IN TODAY'S COMPETITIVE CULTURE

COURTNAYE RICHARD

COMPARE, NOT!
Conquering Comparison in a Competitive Culture
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Most scripture quotations are from the Holy Bible, New Living Translation. Other scripture quotations are from the New International Version or King James Version.

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A decorative graphic at the top of the page features a solid dark blue circle overlapping a white circle. The white circle contains the text "Compare NOT!" in a mix of script and sans-serif fonts. To the right of the white circle is a semi-circle filled with red diagonal lines.

Compare
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INTRODUCTION



Today, so many people are doing similar things. There are similar lifestyles. Similar houses or cars. Similar products. Similar ministries. Similar brands. Similar businesses. Similar events. There is truly nothing new under the sun. So how do *you* stand out with so many similarities? I'll tell you...

By being YOU!

There is no one like you sister! So Compare NOT! It's similar to when God tells us in His Word, Fear Not! We are commanded to fear not in so many areas in the Bible. So, guess what? I strongly believe that God would not want us comparing ourselves one to another. Instead, He would want us to encourage one another in our endeavors and fellowship together.

The truth is, God has no favorites. And since God has no favorites, He loves us all the same. He's gifted us uniquely for our callings. So there are clearly enough lanes for us to ride in without hitting one another! Get it?

So, Compare NOT! Instead, look up and look ahead. God's got you and the person riding alongside you! Don't forget, we're all in this journey called life, together. So just drive, sis!

Here is a little encouragement from me to you...

- When comparing yourself to someone else - Compare NOT!
- When comparing marriages - Compare NOT!
- When comparing children - Compare NOT!
- When comparing your home or car to someone else's - Compare NOT!
- When comparing body weight or size - Compare NOT!
- When comparing social media followers - Compare NOT!
- When comparing social statuses - Compare NOT!
- When comparing paychecks - Compare NOT!
- When comparing ministries - Compare NOT!
- When comparing businesses - Compare NOT!
- When comparing book sales - Compare NOT!
- When comparing events - Compare NOT!
- When comparing coaching programs - Compare NOT!
- When comparing hairstyles and beauty tips - Compare NOT!
- When comparing callings - Compare NOT!

Just be YOU!

Chapter

1

Compare NOT! WITH YOUR NEIGHBORS

Have you heard, “Don’t covet your neighbor’s things?” Well, it’s a command my sister that we much obey. Have you ever found yourself comparing yourself to another sister or brother in Christ? How about comparing yourself to someone at work? What about on television or in a magazine? How about comparing yourself to another influencer in your niche? If so...

Compare NOT, sis!

Remember, God has made you unique. You are His workmanship, created for good works as Ephesians 2:10 states. He predestined your life. He knew that you would be here right now and in this time and generation. So, stay focused on Him and becoming more and more like Christ Jesus. Focus on loving your neighbor as you love yourself. Focus on doing unto others as you would have them do unto you (Luke 10:27). Focus on love vs. comparison.

God is big on love. And when we’re busy comparing ourselves to others, we lose sight of love. We lose sight of our mission on this earth, which is winning souls to Christ. We are called to be lights to a dying, broken, and blind world. We are called to utilize the gifts and talents that God has given us to edify the body of Christ and ultimately bring Him glory.

Comparing ourselves to our neighbors is wasting time and energy. It’s not productive or godly, especially when it is against another believer. First John 4:20-21 warns us saying, “If someone says, ‘I love God,’ but hates their Christian brother or sister, that person is a liar; for if we don’t love people we can see, how can we love God, whom we can’t see? And he has given us this command: Those who love God must also love their Christian brothers and sisters.”

This passage of Scripture has kept me in check any time I think of hating on or comparing myself to another brother or sister in Christ. The reason why this is so big to God is not only because He is big on love, but because He knows that envy, jealousy, prejudice, and evil deeds are not characteristics of Him or a true believer. So let’s represent Him well, as we love each other and love our neighbors as ourselves, and Compare NOT!

Chapter 2

Compare NOT! IN MINISTRY OR BUSINESS

Where are you as it relates to work? Do you work a 9-to-5 job? Are you self-employed or a stay-at-home wife or mother? Are you in ministry? How would you classify yourself regarding work? Last question. Have you ever compared yourself to any other woman in your field before?

If you have, you're not alone, sis. So many women across this globe have succumb to comparison, including me! Yep. I have, but of course I'm not proud of it. Actually, as I was getting ready to release my debut book a few years ago, one day I became surprisingly overwhelmed with comparison over another author.

Without a doubt, this particular author was very well established and way ahead of me in our field. The thing is, we were both Christian speakers and writers. We were both serving the Lord through our gift of writing. And we both had our own platforms or circle of influence.

Now, her influence was way more than mine. Her audience was larger than mine. She's already gotten way more speaking engagements than me. And she'd already written more books than me. Again, I felt myself sinking in self-pity and self-inflicted discouragement.

Until my husband heard me comparing myself to her and said, "Stop it, Courtnaye! Stop comparing yourself to others. Be who God has called you to be. Don't worry about other people's social media numbers. Just do what you do and be the best at what you do." Can we all shout, "Amen! Alright nah! Hallelujah for that wisdom!" I felt like the Lord took over his mouth to speak directly to me with that truth bomb!

Truth be told, God has no favorites. He would not want His daughters comparing themselves one to another. He is all about unity. He's all about love. I would venture to say that comparing ourselves in this way is not pleasing to the Lord.

If you have a ministry or business idea, I encourage you to run with it! If God has called you to it, then He will give you provision and resources to get it done. And as you go forth with it, remember to Compare NOT!



Compare
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Also, keep in mind that as you go forth, our great enemy Satan will not be happy about it. He will try all sorts of tactics and one of them is comparison. But don't give into his bait. Run away from it and stay focused on the task at hand.

If I would've stopped creating the marketing campaign for my book, **IDENTIFIED: Knowing Who You Are in Christ & Moving Forward in Your Purpose**, it would've never reached as many women as it did, sold as many copies as it did, allotted for speaking opportunities, magazine and television appearances, and five-star reviews as it did! Lives were changed through that book and I give all glory to God for calling me to author it!

But imagine if I would have allowed comparison to stand in the way of productivity and launching. Not one woman would've had the opportunity to read it. So the next time you're planning or working on something amazing that the Lord has called you to do, but you see someone else planning or launching something that's similar to yours, Compare NOT!

Whether you are a stay-at-home wife or mom, ministry leader, employee, or business owner, resist the temptation to compare yourself to others doing similar work. Also, don't stop what you know God has led you to do. Keep plowing away.

Pray and create. Pray and tweak along the way. Pray on every detail. Pray and do it, sis! Get things done!

Just don't allow comparison to stop you from moving forward in a vision God has given you. Trust me. You'll be okay as long as you keep following the Lord's lead on whatever it is that you're planning or working on. Whatever you do, Compare NOT!

Chapter 3

Compare NOT! WITH YOUR GIFTS & TALENTS

What are YOU talented in, sis? Can you sing, write, dance liturgically, act, paint, or create beautiful things? What are you gifted in *spiritually*? Do you teach, preach, lead others, serve well, give generously, or do you have a heart of compassion?

Now, here's the question of the hour. Have you ever compared yourself to others who have similar gifts as yours? If so, Compare NOT!

Recognize that God has blessed you with gifts. And it's not something to be arrogant about. God calls us to humility as we utilize them. This is what the Apostle Paul said in Romans 12:3, "Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us."

He goes on to say in Romans 12:6-8, "In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. If your gift is serving others, serve them well. If you are a teacher, teach well. If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly."

Whatever gifts that Jesus has so graciously given to you through His precious Holy Spirit, use them well, sis. He wants to use you. He wants you to bless others with the gifts given to you. He wants you to encourage, warn, love on, and minister to others through the gifts bestowed unto you. So don't waste your gifts and talents on comparing yourself to others. Remember, He wants to use you AND your fellow Christian brothers and sisters. The point here is for you to use what has been given to you well, and Compare NOT!

Chapter 4

Compare NOT! ON SOCIAL MEDIA

As you can see, I love to start with questions. For starters in this chapter, which social media platforms do you find yourself comparing yourself from the most? Pause and consider. Is it Facebook, Instagram, Twitter, or TikTok? Most times, the answer is either Facebook or Instagram. So which one is it for you, sis?

In today's competitive culture, it's easy to get caught up scrolling in the morning, middle of the day, or the late-night hours checking out your social media statuses. If you're honest, you're not only checking out the comments, hearts, likes, shares, or general engagement on your own posts, but you're also looking to see what others are posting and sharing as well. Yet, THIS is where you have to be careful not to get caught up comparing your life to others.

When scrolling, you have to be sensitive to where *you* are in life and fight not to compare. With that being said, let me ask you a few more quick questions.

Are you struggling financially or physically? Are you emotional? Are you hurting? Are you lonely? Are you aspiring or hoping for something to finally happen in your life that you happen to see others living out on social media? Because let me tell you, if you stare too long, you just might get ensnared in the comparison trap. Try to catch yourself *before* you're captured!

Get off. Look away. Don't do it to yourself. Stop. Unfollow for a month or two if you need to, just to get through it (I personally had to do that at one time in my life). So I know from experience!

My angle here is to watch out for Satan on this one. God has not forgotten about you. He's got great things in store for *you*. The Bible promises in Psalm 84:11, "He will withhold no good thing from those who walk uprightly." He knows the desire of your heart. And trust me. He knows how to come through for you. So Compare NOT...socially. God's got you all the way covered, my sister. And me, too!

Compare NOT! WITH YOUR BODY

Chapter 5

Do you know that you are beautiful, sis! Now, you might be saying, "But Courtnaye, you have never even seen me before." And I would say, "And! It doesn't matter. If God says that you are fearfully and wonderfully made, I'm sticking with that!" So, yep! You're beautiful!

I know we all have goals in life. One of those goals (especially as we get older) is to be physically fit. I don't know about you, but at the time of this writing, I am 46 years old and I cannot eat like I used to. I used to be a size 2 when I met my husband. But now, 22 years later, uh, we're not even going to go there. I'm not being that transparent! LOL!

But seriously, I can't eat cake, pies, or cookies and go to sleep on all that sugar and not expect to gain unwanted weight over time. It's just reality! It's like gravity. If something goes up, it's definitely going to come down. It's similar with weight. What we eat, will eventually show up somewhere over time (i.e. hips, butt, belly, thighs, arms, face, etc.).

Real talk! Even though we may have gained some excess weight that we really didn't want to put on (which is totally our fault), there is no need to even think about comparing ourselves to someone that may be more fit than us. It just wouldn't be fair. So, let's not do it to ourselves .

Nevertheless, here's the thing. We only have one body. And we have to take care of it. Comparing ourselves to someone smaller, leaner, or fitter (if that's a real word) than us, will not get the excess weight off of our bodies. If we want the unwanted weight off, then we've got to put in the work. It's going to take action, personal discipline, and self-control (see Galatians 5:22-23).

From experience, I've been there where I wanted to lose 20 pounds. I got it done with much prayer, self-discipline, determination, and action. So when you find yourself comparing your body weight to someone else, Compare NOT! Just make a plan and get moving, sis.

Begin by getting a great nutritional program, decide how many days that you would like to workout a week, join a local gym or online program for accountability, and get the results you're aiming for. You've got this! We've got this! God's got this!

Chapter 6

How to *Compare* NOT! REALLY?

Not comparing yourself to others starts with recognizing *if* you're actually doing it. Once you realize it, confess it to God, ask for forgiveness, repent, and grow from it. Also, pray and ask the Lord to help you conquer comparison, so that if you ever encounter it again, you'll know how to defeat it, quickly.

Truth is, when you and I focus on God, how He made us, and how He has gifted us, we will be able to shout out to ourselves loud and boldly, "Compare NOT!"

Comparison is a choice. So, my charge to you would be don't let it stop you from moving forward in anything. Don't let it paralyze you. Don't let it conquer you. Instead, conquer it! Remember, we are more than conquerors through Christ Jesus. We are overcomers!

So overcome comparison if it's a struggle for you - press through it. If you're looking at someone and find yourself becoming envious or jealous, quickly release those negative emotions and combat them with God's Word. Ask the Lord to help you to love others deeply and unconditionally, while praying for nothing but the best for those whom you have compared yourself against.

If you think about it. And I mean really think about it, comparison when used negatively is of the devil! He wants nothing more than to pin us against each other. He hates unity, especially when it comes to Kingdom work and Kingdom encouragement.

He also doesn't want us to shine bright in church, the workplace, or our communities, so he'll find ways to pin us against co-workers, sisters and brothers in Christ, strangers who need a Savior, and even those in authority. He's very aware of the Word and how we are to live among the lost and edify the body of Christ, no matter where we are.

So resist the temptation to compare. Avoid it as best as possible. Search Scriptures that you can read, study, meditate on to conquer comparison and win! Love God and love your neighbor as yourself. Compare NOT! This is how we do it...REALLY. ;-)

Chapter 7

Compare NOT! REFLECTION QUESTIONS

Okay, take about 30 minutes to reflect on conquering comparison. Pray, ponder, and feel free to print this page out to answer these reflection questions. Ready?

1. Have you ever struggled with comparing yourself to others? If so, why and in what ways?
2. When you're on social media, such as Facebook, Instagram, or TikTok (or whichever social media platform you use), have you ever found yourself getting a little hurt or discouraged after viewing someone else's feed? If so, why? Explain.
3. Why do you think we compare ourselves to others?
4. How can you love your neighbors better? Meaning, how can you love those who are not like you better?
5. Lastly, what are some gifts and talents that Jesus has given to you and how can you use them effectively this year and for God's glory?

Chapter 8

Compare NOT! DECLARATIONS

Recite all that apply to you. I would also encourage you to grab an index card to write out a few of these declarations that apply directly to your life. Here goes...

I will not compare my home to other people's homes!

I will not compare my car to other people's car!

I will not compare my marriage to other marriages that seem to be doing better than my own!

I will not compare my singleness to other singles!

I will not compare my kids to others!

I will not compare my position to someone else's!

I will not compare myself or covet my neighbor's things!

I will not compare myself and become angry and envious of others!

I will not compare my credentials or lack thereof with others!

I will not compare my body to other people's bodies, but will take care of my own!

I will not compare someone else's successes or achievements against my own!

I will not compare myself against or hate my fellow Christian brothers and sisters!

I will not compare myself to other races and give into racism or prejudice!

I will not compare myself to other influencers in my niche!

I will not compare my financial situation to others!

I will not compare friendships with other people's friendships!

I will not compare my vacation or lack thereof to other vacations!

I will not compare my life to other's people's lives!

I will not compare my gifts and talents to people's gifts and talents!

I simply will not compare myself to others and displease God in the process, in Jesus Name, Amen!

Chapter
9

Compare NOT!
SCRIPTURES

“Obviously, I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.”

~Galatians 1:10

“Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won’t need to compare yourself to anyone else. For we are each responsible for our own conduct.”

~Galatians 6:4-5

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.”

~Philippians 2:3

“You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, male or female servant, ox, or donkey, or anything else that belongs to your neighbor.”

~Exodus 20:17

“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”

~Psalm 139:14

“Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are many parts of one body, and we all belong to each other.”

~Romans 12:4-5

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

~1 Thessalonians 5:18



About the Author

COURTNAYE RICHARD

Courtnaye Richard is the founder of *Inside Out with Courtnaye*, a ministry and podcast that helps women grow in their walk with Christ from the heart and equips them to fulfill their God-given purpose. Courtnaye is also the author of her 52-Week Devotional & Study Guide entitled, "Growing From the Inside Out One Week At a Time."

In addition, she is a contributing writer for *ibelieve.com* and *YouVersion*. She is also a speaker of a host of women's conferences. Her blog, *Inside Out with Courtnaye* reaches thousands of women around the globe and was listed as the *Top 50 Christian Women Bloggers Every Woman Must Follow*.

She's very passionate about helping women mature in their faith, while also mentoring those who are ready to start or grow their ministries and businesses with skill, balance, and grace.

For more information about her ministry or resources, please visit www.courtneyrichard.com or www.insideoutmediagroup.com.

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