



TAME THE BEAST

trust the beauty

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Share a time when you compared yourself to someone else. How did it make you feel? What did you do in response?

*In what areas do you struggle most with comparison? Why?*

Identify areas of your life where you can be content. How does contentment help you avoid comparison?

*Read together Philippians 4:10-13. Discuss ways you can learn to be content. Pray together.*

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