



Coaching Tool:

Why Are You Better Than Me?

You're worse than everyone else. Or You're better than everyone else.	Vs.	We are all equally valuable as God's children created for unique roles in the Kingdom.
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Examples Of What The Enemy Wants You To Think:

- I'm not enough _____.
- I'm too much _____.
- I'll never be like them, I should just stop trying.
- God made a mistake with me.
- I'm not smart, pretty, tall, skinny, or _____ enough.
- At least I'm smarter, prettier, taller, skinnier, or _____ than _____.
- It's not fair that they get to _____, and I don't.
- It's not fair this horrible _____ didn't happen to them, but it did to me.
- If only I could be, have or do more.....
- At least I'm not as messed up as they are.
- I went through worse and didn't turn out as bad as they did.

God's Truth Says:

1. **He created you specifically**
 - a. Each person was made by God intentionally to be different. It is impossible to accurately compare even two. It would be as if comparing apples with roller coasters.
 - b. Each fingerprint is unique as God's reminder that we're not meant to be clones.
 - c. God put you together to be YOU.
 - d. "For you created my inmost being;... and your works are wonderful I know that full well." (Psalm 139:13)



2. He prepared a plan for you specifically

- a. Even siblings in the same family can have vastly different interests. One sibling may be a doctor while another is an artist. Neither is better because God wanted both.
- b. The path God prepared for us are as unique as our make up. Comparing our journey to others was never what God intended. Satan will use it to bring pride or discouragement. (Luke 18:11)
- c. If we compare our selves or our mission to anyone, it should be to Jesus – the only person without sin. Not to condemn our current path, but to convict us and encourage us to be more like Him.
- d. We are created to play a specific role in the Body of Christ, we all need each other to function in a healthy way. God gives more honor to the parts that seem to get less honor. (I Corinthians 12:12-27)
- e. “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10)

3. He executes His plan for you specifically

- a. Joseph’s path to becoming second in command of the reigning world power was very different from Daniel’s rise in a world power.
- b. God opens doors and allows trials to teach us the lessons that we specifically need and to grow the skills where we are specifically lacking to do His will and be complete.
- c. “He leads me through paths of righteousness for His namesake.” (Psalm 23:3)

Watch This Video:

Unbreakable by Jennifer McGill



Questions To Help You Process This Concept:

1. Have you ever asked God to show you His purpose in how He designed you? If not, ask Him.

2. Who do you feel is better than you? Who do you think you are better than? Why?

3. How has comparison stopped you from doing something you know God wanted you to do?

4. Have you been comparing your weaknesses to others' strengths? (For example, comparing your real life to a social media highlight reel?)



5. Have you found your place in the Body of Christ? Are you fulfilling your specific calling to God's glory?

Exercises:

Exercise 1:

1. Think of ways that you've seen yourself as more than or less than others.
2. Write them down in two columns:
 - a. "more than" (I am better than others in these ways – I have two hands and Ginny only has one)
 - b. "less than" (I am worse than others in these ways – I have only two hands but Ginny has a choice of removable hands and hooks)
3. Look at the first person or item on your list. Recognize that this comparison is not truth. Cross it out and replace it with one of the following 3 truths that best applies:
 - a. God created me uniquely
 - b. God has a specific plan for my life
 - c. God executes His plan for me specifically
4. Repeat step 3 for all of the people/items on both lists.

Exercise 2:

1. Next, ask God to show you how He made you unique. Write down each positive, unique trait on a sheet of paper, then add the unique plan you see in your story. (Ask a trusted friend what they see in you if you have a hard time.)
2. Review your list of traits. Thank God for each way God created you uniquely and has worked in your life through your story.