

Unlovable?

Webinar

TRANSFORMING THE BROKEN HEART FROM
EMBERS TO RADIANCE



NO ONE STANDS ALONE
FOUNDATION

Comparison

WHY DO WE COMPARE OURSELVES TO OTHERS?

- To measure our value or worth
- To determine how successful we are
- Insecurity
- Low self-worth
- To see how far along the journey we are
- To find the path through what we are going through

Why have you compared yourself to others in the past?

WHAT ARE THE DANGERS OF COMPARISON?

- Lower self-worth
- Pride
- Elevating people to places they shouldn't be
- Increased insecurity
- Expecting your path or journey to be exactly the same as other people
- Giving up or believing you are unsuccessful
- Getting stuck
- Losing perspective
- Jealousy and envy
- Anger and resentment
- Losing your sense of purpose
- Complacency
- Hopelessness

What other dangers of comparison are there?

WHAT MOTIVATES US TO FOCUS ON OTHERS?

- We may not know what steps to take ourselves so we try to glean it from others
 - We can learn lessons from others without comparing ourselves to them, we do this by being curious and seeing which steps we can add to our situation to be able to get to the end of the journey
- We may want to learn from someone else
 - This is a good thing until we slip into comparison mode. Learning lessons from other people's experiences is great, but when we want their journey instead of being grateful for our own, we lose focus on moving forward and end up stuck

- We may like the outcome that has happened for another person and want to duplicate it
 - You can take principles away from others, but understand that you are not that person. You may not be able to duplicate their process that brought them to the outcome you want to achieve
- We may want something another person has
 - Jealousy and envy are never helpful, we see that other people have something we don't and it breeds dissatisfaction with where we are in life. It also breeds resentment, anger and contempt for those who have what we want...Look at Cain.
- We may feel bad about where we are at so we look for others who are in a worse place as a way to elevate ourselves and help us to feel better about ourselves
 - Course correction is more effective than pitting ourselves against those in worse places than us
- Insecurity
 - When we feel insecure, we tend to elevate people who support us and are there for us to places they should not be in our lives. We look to them for the things we need rather than going to God first for those things.

What other things can motivate us to focus on others? How can we overcome these things?

HOW TO SHIFT FROM COMPARISON INTO GROWTH

- Remind yourself that you are unique and it is impossible for you to be like another person. God has given you a unique purpose, a journey all your own, therefore comparison is of no use since everyone has their own path, purpose and destiny to fulfill.
- Being jealous of what another person has is not going to get you any closer to having it. When we are focused on what others have we are no longer content with what God has given to us. Let jealousy go and allow yourself to be thankful for what you have been given and where you are at.
- Learn from the lessons God has taught others but don't try to duplicate their experience, no two people experience the same thing the same way. Principles can be applied from learning from another's experience, just don't expect their experience to become yours.
- Focus on your own path, your own steps, celebrate your wins, learn from your losses. This is what keeps you moving forward. Comparison is a distraction from what God's path is for you. It will slow you down and sometimes even get you to stop altogether.

What other things can you do to shift from comparison into growth?

Purpose

DO I HAVE A PURPOSE?

- Every person has a purpose, you may not know what it is at the present time, but that does not mean you don't have one.
- God designed each and every one of us with a purpose.

"Your unique mix of gifts, talents, skills and abilities indicate only you can do what you - no one else - were designed for." ~ Connie Blackwood

What are some of your gifts, talents, skills and abilities? How do you think these things can work together for a greater purpose?

WHAT CAUSES US TO LOSE SIGHT OF OUR PURPOSE?

- Getting caught up in the routine of our daily lives, job, work or school
- Low self-worth or self-doubt
- Believing we missed it, because we haven't achieved it yet
- Fear
- People pleasing
- Listening to the 'nay-sayers' or 'Negative Nancys'
- Not being in tune with who you are
- Not knowing God's plan for you or your life
- Discouragement
- Failure
- Lack of discipline

Think about a time when you lost sight of your purpose, what triggered it?
How does knowing what caused it help you moving forward?

HOW DO WE REGAIN OUR SENSE OF PURPOSE?

- Examine who you are, by taking an honest inventory of your personality, gifts, talents, skills and abilities
- What brings you life? What gives you energy when you do it? These things are what you are passionate about and they are part of the purpose God designed just for you
- What strengths have others seen in you?
- What strengths have you seen in yourself?
- Remind yourself that God has a purpose for you life

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.

~ Jeremiah 29:11

- Remind yourself that God's purposes will not fail

You can make many plans, but the Lord's purpose will prevail. ~

Proverbs 19:21

But the Lord's plans stand firm forever; his intentions can never be shaken. ~Psalm 33:11

- Remind yourself that God's plans are good

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. ~ Romans 8:28

- Surround yourself with supporters and encouragers who move you forward

Destiny

WHAT IS DESTINY?

Destiny is the final destination, the big dream, it is where our path is headed. Ask yourself... where am I headed?

Sometimes when we have a dream for our lives and we don't achieve it in the time frame we think we should, we bury it, let it fade or forget about it altogether.

Each one of us has a God given destiny. God knew our every thought and action (Psalm 139) and He made His plans for our lives accordingly.

- Abraham waited 25 years for his son Issac
- Moses waited 40 years to get to see the Promised Land
- Even Jesus waited 30 years before His ministry on earth began

WHAT PATH WILL YOU TAKE?

If you are still breathing then God still has a destiny for your life. What are you doing to get closer to it?

Have you given up, wandered off track or forgotten the big dream?

Now is the time to choose, will you continue down the path of disappointment, drudgery and despair or will you forge the path to your destiny?

HOW TO SWITCH PATHS

Much like finding your purpose, you will need to focus on people who believe in you and the big dream God has for your life. They will be your encouragers, your cheer squad when life starts to derail you. All of the other voices you need to let pass you by, there are some people who really love us, but do not understand the big dream God has given us and they may discourage you, don't let them get inside your head. Instead, take the big dream and dream even bigger. Ask God for the big audacious dream, the one you do not think is even possible. Let this be the mark at the end of the path you are headed toward. Then look at the very first step you would need to take to get you closer. Taking only one step at a time and focusing on only the step in front of you, will help you reach that destination. Even if the dream seems impossible to reach on your own, believe God for it. If it is too big for you alone, He will bring people along with the same dream and vision to come alongside you and bring it to completion at the perfect time. God's plan and timing are perfect.

Have you lost sight of your destiny, your big dream? What steps will you take to get it back?

Every misstep and wrong turn that should have led me away from my destiny ended up being integral parts of my story. God used each one for His good. My decisions did not thwart His destiny for my life; they became stepping stones on the pathway even when I could not see it. The path becomes clear sooner for some than for others, but it is never too late! ~ Connie Blackwood

Activation

BREAKING UP WITH COMPARISON

We all compare ourselves to other people, not recognizing that it is like comparing apples to oranges, they both may be fruit, but they are very different. We all may be human, but no two people are the same. Our fingerprints are perfect indicators of that. As unique as our fingerprint, we are all unique in who we are and what God has purposed for us to do with our lives.

Take the next 5 minutes and consider who you have compared yourself to, how has this impacted you, your purpose and your dreams?

How can breaking up with comparison impact you, your purpose and your dreams?

3 Keys to Remember

- 01 COMPARISON TAKES OUR FOCUS OFF OF GOD AND OUR PATH AND PUTS OUR FOCUS ON OTHERS. THIS IS DETREMENTAL TO OUR LIVES AND CAUSES US TO LOSE CONFIDENCE IN WHO WE ARE.
- 02 WE ALL HAVE A PURPOSE FOR OUR LIVES AND IT IS UNIQUE TO US, WE SHOULD NOT EXPECT IT TO BE THE SAME AS ANYONE ELSE, NOR SHOULD OTHER PEOPLE DICTATE OUR PURPOSE FOR US.
- 03 REMEMBER THE PATH TO YOUR DESTINY DOES NOT HAVE TO BE COMPLETELY PLANNED OUT BEFORE YOU MOVE, YOU ONLY NEED TO MAP OUT THE NEXT STEP, EACH ONE WILL TAKE YOU CLOSER TO THAT FINAL DESTINATION

"All the items in our lives build the path that will eventually lead to your future, your God-given destiny - each step bringing you closer to your calling." ~ Connie Blackwood