

WEST RIDGE GROUPS

Group Member Discussion Guide

Week of September 14, 2025

CHECK-IN (~20 minutes)

How was your week? What was the high part of your week? What was the low part of your week? What can we celebrate together?

MESSAGE SUMMARY

This week Pastor Nate Galloway concluded our *Mind Field* teaching series. Comparison is inevitable, but there is a right and wrong way to approach it. When we compare ourselves to others, it often produces pride, envy, or discontentment, leading us away from God's design for our lives. Instead, we are called to compare ourselves to Jesus, who is the true standard, and to focus on gratitude, individuality, and faithfulness in our own race. By resisting unhealthy comparison, we cultivate humility, joy, and a clearer sense of purpose in Christ.

GROUP DISCUSSION (~50 minutes)

1. Thinking back to the message this week, was there anything that challenged you personally? Share your thoughts with the group.

2. Read Luke 18:9-14

Why do you think it's easier to compare ourselves to others rather than to Jesus?

3. Read Romans 12:3

How does comparison create either pride or insecurity in our lives? How can these verses help us guard against that?

4. Read 1 Thessalonians 5:16-18; Proverbs 14:30

What are some practical ways we can focus on gratitude and resist envy in a culture driven by comparison? Share your thoughts with the group.

5. Read John 21:19-22; 1 Corinthians 12:27

How does embracing our God-given uniqueness free us to run our own race with joy?

WRAP-UP (~10 minutes)

It is important to be growing in our relationship with Jesus and one another - what is one next step you can take this week to grow? Share with the group and commit to holding one another accountable.

What does it look like to hold each other accountable? It can be as simple as a text or phone call during the week. Hebrews 10:25 encourages us to meet regularly and to encourage one another on a regular basis.

Example: "Hey _____, you indicated in group this week that you were struggling at work with being light in a dark place. You said that your next step was to start a conversation with someone at work this week around the topic of faith. How did that go?"

PERSONAL NOTES

This week, my next step is:

This week I am going to check in on (name):

This week, my Bible reading will be (e.g. Philippians chapters 1-4):