

## *Comparison is never-ending and exhausting*

The temptation to compare is as near as your next chat with a friend, trip to the store, or check-in on social media. And whether you come out on top or come up lacking, there is simply no win in comparison. It's a trap.

### **The *Comparison Trap* study includes:**

- 4 video sessions (20 minutes each)
- 4 sets of discussion questions
- 28-day devotional and activity pages
- Coloring pages, recipes, and tips for hosting

**WHEN:**

**WHERE:**

**CONTACT:**