

COMPARISON GIRL for Teens



CONVERSATION STARTERS GUIDE

LEE &
SHANNON



A Note from Lee and Shannon



Hello, Friend!

First, let us say “Thank you” from the bottom of our hearts for loving and investing in the life of a teenager. While the teen (and adult) world is looking for flashy, we have found that time, genuine love, and really listening are key components for long-term influence.

That’s great news for those of us who aren’t TikTok dance-worthy or can’t pull off a makeup tutorial. Your time, attention, and the desire to point to Jesus is not only a great encouragement to us, but will be rewarded by our Heavenly Father. We are praying as you seek to disciple the next generation.

For His Glory,

Lee Nienhuis and Shannon Popkin

Pocket-Size Mirrors and Measuring Cups

Pocket-Size Mirrors

Throughout *Comparison Girl for Teens*, we used two images that will be helpful as you discuss this topic with your girl(s). Here’s what Lee says about the pocket size mirror on page 33:



We’ve heard it said that eight out of ten girls walk into a room assuming they aren’t welcome. If that’s true, it means that before anyone has even had the chance to be mean or encouraging, the average girl concludes that she’s been measured and found lacking.

The fact is, most of us go through life thinking far too often about ourselves. It’s like we walk into every situation holding our own pocket-

size mirror. You know the kind that folds in half and often comes with makeup in it? We gaze at ourselves asking, Am I okay? Am I pretty enough? Do I talk too much? Does anyone think I'm annoying?

We might bump into each other as we're checking ourselves in our mirrors, but do we ever really see those around us? It's hard to see others when we're busy staring at ourselves.

You probably agree that it's bad for a girl to think poorly about herself. But have you ever thought of the harm done when a girl can't stop thinking about herself? You see, our measure-up focus is actually me-focus.

Sometimes the signs are loud and obvious—like filtered selfies, endless makeup tutorials, name-brand living, or outright bragging. Other signs are quieter, like constant insecurity, avoiding nerdy friends, or refusing to speak up for others, because we might stand out too much. Regardless of the symptoms, the prognosis is sure: Me-focused living will leave our hearts sick, weak, and chained to a world of endless measuring. But there is a different way. A happier and healthier way—where me-free living is not only possible, it frees us to be who we're meant to be!



Glass Measuring Cup

The second is a glass measuring cup. Here's what Shannon says on pages 42-44 of *Comparison Girl for Teens*:

Picture yourself holding a measuring cup— the glass kind, with the lines on the side. In your cup are all the things that make you, you.

Do you get good grades? French braid like a master? Are you super friendly? Sing like an angel? Do you have a great sense of style? Draw cool anime? Do you have a big brother who watches out for you? A little sister who adores you? Are you fluent in Spanish? Can you spike a volleyball?

You might have a hundred gifts, resources, and abilities mixed in. Can you picture your measuring cup there in your hands, brimming with potential? That potential is exactly what God wants you to use—and what Satan wants to steal.

*If we were to ask you what a measuring cup is used for, you'd probably answer, "Measuring!" And you'd be right. But in reality, a measuring cup in your hands is only useful if the things inside it are poured out. We can use our cups of potential to measure or to pour. **You, dear girl, were created to pour.***

The Lines on the Cup

When you measure yourself against somebody else, there are two predictable outcomes. Either you find that you have more in your cup than they do, or less.

Suppose you notice that your volleyball serve is weaker or your clothes aren't as cool. Maybe a boy broke up with you and made you feel small. When you measure and find that you're "less than," it only causes you to feel insecure and self-conscious, right? It hurts and it causes your eyes to stay focused on yourself. You might be glancing side to side when you compare, but at its core, comparison's me-focus causes your eyes to continually drift back to your own measuring cup's lines. The tricky, toxic lie is this: Because I have less, I am less.



But what if you compare and find you do measure up. Maybe your grades are higher or your clothes are better. Maybe the boys pay you more attention. When you measure and find that you're "better than", it only causes you to feel more important and proud, right? Interestingly, even measuring and finding ourselves full causes us to be self-focused. This tricky, equally toxic lie is: *Because I have more, I am more.*

We probably don't have to tell you this, but both of those lies are offensive to the God who made you and them.

Measuring against others is always dangerous territory.

Your enemy doesn't care whether you're comparing up or comparing down. He just wants you to focus on yourself as you do so. Why? Because he'll do anything to get our eyes off God. With self-focus tugging on your wrist, you'll be led right into comparison traps like:

- Insecurity
- Shame
- Perfectionism
- Jealousy
- Self-consciousness
- Self-promotion
- Isolation

An Upside-Down Cup

If Jesus had a measuring cup full of his greatness and what he had to offer, it would be full to the brim and overflowing. Imagine that cup being so big that if you emptied the oceans into it, they'd collect like a few drops at the bottom. Surely any measuring cup that could contain all of Jesus's worth, wouldn't fit inside our universe.

Heaven already knows how incomparably valuable Jesus is and one day, when Jesus returns, we will see it, too. But on earth, Jesus grew up to be a pretty average-looking guy (Isaiah 53:2) from an average, small town (Jn. 1:46). When he started healing people, crowds began to gather. But even when he was famous, he was equally willing to hang out with the sick, the poor people, and the wildly unpopular as he was the wealthy, the religious, and the popular (the ones everyone looked up to).

Imagine the humiliation for Jesus, the Perfect One, who deserves to sit on a throne and be worshipped forever, setting it all aside and being mocked, shunned, whipped, and hung on a cross. He humbled himself to serve us in a way that only He could. Jesus said that he came, "not to be served but to serve, and to give his life as a ransom for many" (Matt. 20:28).

Philippians 2:7 says Jesus "**emptied** himself, by taking the form of a servant, being born in the likeness of men." Isaiah 53:12 says that Jesus "**poured out** his soul unto death" (bold emphasis added).

From the manger to the cross, Jesus ignored his measuring cup's lines and made his life all about the spout. He took his larger-than-the-universe measuring cup and turned it upside down. He emptied himself for you! **Jesus focused his life on the spout, not the lines, and he asks you to live this way too** (Luke 9:23).

An Invitation for You

Whether you're a mom, grandma, youth leader or somebody else who loves teens, we want to offer you access to all the quizzes found in *Comparison Girl for Teens!* We'd love for you and the girls you love to take them. We think all ages will find the quizzes engaging, thought provoking, and a great springboard for your conversation about comparison.

TAKE THE QUIZES!
COMPARISONGIRL.COM

QUIZ #1: ARE YOU A COMPARISON GIRL?
QUIZ #2: GOOD GUY/ BAD GUY
QUIZ #3: MIRROR, MIRROR
QUIZ #4: GIRLIE GIRLS, TOMBOY'S & GENDER IDENTITY
QUIZ #5: FRIEND QUIZ
QUIZ #6: BIBLE HERSE VS. FAMOUS PERSON: MONKEY EDITION
QUIZ #7: TALENT QUIZ
QUIZ #8: FAMILY MATTERS

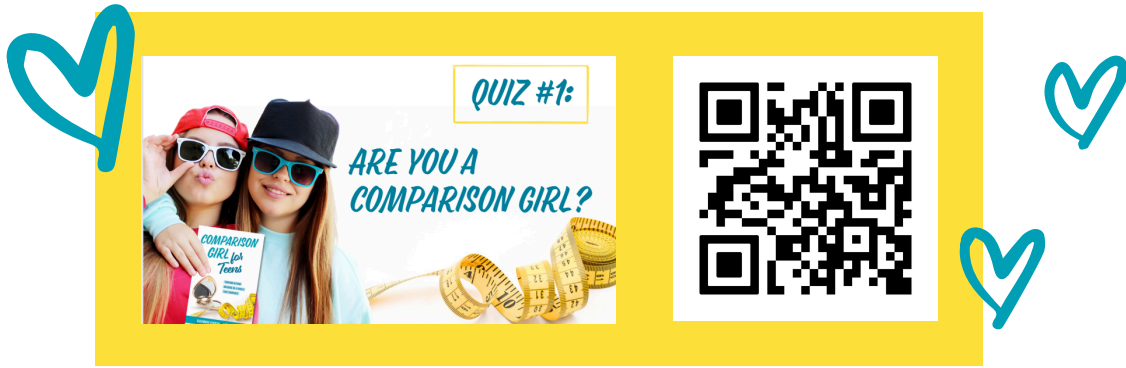


LEARN HOW TO **THRIVE** IN A WORLD THAT COMPARES!

TAKE THE QUIZZES!



COMPARISONGIRL.COM



CONVERSATION STARTERS FOR CHAPTER ONE: *WELCOME TO THE WORLD OF MEASURING UP*

- **Retell Shannon's story about sixth grade camp and Lee's story about pinching herself (pages 13-15). Do you have a story like this, about when you started comparing yourself?**
- **Do you see girls your age comparing themselves to one another? Talk about the different times and ways girls compare.**

Read this section from *Comparison Girl for Teens* (p.23-24):

From our earliest years, most of us spend our days trying to be a person who has absolutely no flaws. When we feel behind or exposed, we cover and hide. And if we finally measure up, we get lost in perfectionism, independence, and pride. Or maybe we just give up hope of ever fitting in and just hang with the "weirdos on purpose" kids—the ones who are so done with not measuring up that decide to avoid fitting in at all.

All of these responses lead away from freedom and joy. Instead, they lead us to fear what people think and what they might say. We are left trying to prove ourselves and measure up, all the while dreading that someone might find out we are a sham.

When you look at all that pressure, are you fed up with living like a Comparison Girl? We hope so. It's no way to live. There may be a thousand ways to measure, but none of them make us feel whole. The logical response is, "Stop comparing." But our question is, "Okay, how?" Comparison is as natural as noticing that your shoes are bigger than mine, or you got an A when I got a C. What can we do—put blinders on, like horses wear?

And when we do try to stop comparing, ironically, that is exhausting too! Many of us know better than to glance side-to-side, comparing ourselves to other people. So we try harder and work harder to fix ourselves. The whole thing becomes a vicious cycle. Comparison really is a trap that we can't get out of ourselves. It's everywhere and never shuts off.

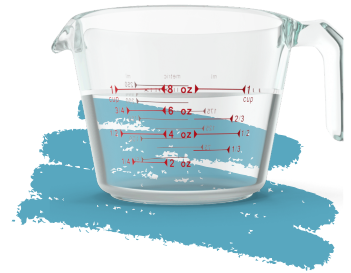
- **Is comparison always a bad thing? Why or why not?**
- **What are some comparison words you use every day? (Smaller, cheaper, kinder)**
- **What do you think can make comparison harmful?**
- **Has there been a time in your life when comparison has been really hard for you? Would you be willing to share that experience? (Be sure to share your own story, too!)**



- **Take a minute and share the pocket size mirror analogy. Even better, find a small mirror or turn your phone on selfie mode. Then discuss the following:**
- **Is there a difference between a me-focus mentality and a God-focus one?**
- **If you were to consistently focus on what God says about you, how might this change how you live and interact with others?**

Philippians 2:4 NLT says, "Don't look out only for your own interest, but take an interest in others, too."

- **How does the measuring cup analogy illustrate this verse?**
- **How did Jesus give the greatest example of putting his focus on the "spout"?**
- **What's in your measuring up?**
 - **How has God made you unique and special?**
 - **What are some things you are good at?**
 - **What are some of the good things God has given you?**
 - **What are some experiences he's allowed you to have that you could use to serve others?**
- **Why do you think it is easier to stop playing the comparison game when you are serving?**
- **Can you think of some ways we could serve others together?**





CONVERSATION STARTERS FOR CHAPTER TWO: *COMPARING SIN*

Did you take the quiz? Which quiz questions did you have questions about?

Romans 3:23 says, "For all have sinned and fall short of the glory of God."

- **Retell the story of the little girl who quoted this verse. Why do you think we enjoy noticing other people's sin?**
- **What is sin? (We say, "Any action, thought, or attitude that displeases God.")**
- **Are some sins worse than others? Are there big sinners and little sinners in God's eyes? How about in your eyes?**
- **Do you think pride is a sin? Why or why not, or does it depend on the situation?**
- **Are there times when you find yourself judging or comparing your sinfulness with other people?**
 - **In what ways do you feel superior?**
 - **How about inferior?**

James 4:6 says, "God opposes the proud but gives grace to the humble." Humility doesn't mean thinking of yourself as trash or that you aren't loved. It means that you see yourself the way God sees you, as wholly loved and still in process.

- **How is humility different than seeing yourself as worthless?**
- **How might humility help you give grace to others?**



CONVERSATION STARTERS FOR CHAPTER THREE: *COMPARING BEAUTY*

- **How did you score on the quiz? What was your threat level? Do you agree with this?**

Ephesians 2:10 says, "We are God's handiwork, created in Christ Jesus." This means that God carefully designed you. You're his masterpiece!

- **What do you think is your most beautiful feature?**
- **Can I share a couple of things I think are beautiful about you? (Let a couple of these be physical attributes and a couple be internal attributes).**

It is really normal for women to want to change something about their appearance.

- **Why do you think it is this way?**
- **What influences the way you think about your appearance?**

Notice that Scripture sometimes comments on people's physical appearances. (Genesis 12:14, Genesis 24:16-17, 1 Samuel 9:2, Esther 2:7)

- **If God captured these details for us about men's and women's appearances, what can we rightly assume? Why?**

Physical beauty is not a problem, and neither is appreciating it in yourself or others. But outer looks are not an indicator of:

- What God can accomplish through a person
- Who God loves
- Their gifting and usefulness
- Godliness or wisdom

- **Have you known someone whose inside attributes and the way they cared for others was incredibly beautiful?**

God does want us to take care of our bodies. Our physical bodies create a home for our soul and spirit, and they belong to God.

- **What are our habits and activities that help us care for our bodies?**

- **What are some habits and choices we could implement to help us care better for our bodies?**

Recall Shannon's story about seeing herself in a photo (p. 90).

- **Can you relate?**

On page 93-94 it says, "Each time I'm confronted with my flaws in a photo, the mirror, or on the scale, it's a new opportunity to humble myself and say, "God, I trust you. You see me as your treasure. You want to use me just the way I am to bring you praise, and I trust your eyes more than mine or anyone else's."

- **What is bothering you about your appearance? How will you trust God with this?**

Society says:

Physical Beauty = Increased Influence
Increased Influence = Greater Worth

- **Can you think of a situation where these equations seem true?**
- **What problems do you see with these equations?**
- **Pages 105-106 give you four ways to live the truth that outward beauty isn't what makes you great. Which one is most helpful to you?**



CONVERSATION STARTERS FOR CHAPTER FOUR: *COMPARING FEMININITY*

- **What did you think about the Girlie Girl & Tomboys quiz? Which answers do you have questions about?**
- **Did you do the Boy-Crazy Girl Quiz? What did you learn about yourself?**
- **Do you think of yourself in terms of "girlie girl" or "tomboy?" Somewhere in between?**
- **What are some stereotypes you've seen applied to girls and boys? (Examples: Girls like to cook, wear make up, like crafts. Boys like sports, have short hair, don't cry.)**
- **Have we ever judged others because they weren't acting "enough" like girls or boys? What do you think it feels like to be judged on this basis?**

Let's read Genesis 2:7, 18, 22. From these verses:

- **What two sexes or genders were created in this creation account?**
- **How was the man made?**
- **How was the woman made?**
- **Do you believe that there are only two genders?**
- **Are there ways we see people questioning this truth in our lives today?**
- **Have you ever thought of boy-craziness as an indicator of femininity? Do you agree that it's not?**
- **Which of the focus-aligning action steps on pages 129-130 is most helpful?**
- **Do you think God cares about the clothes we wear?**
- **Can you think of a woman you admire who dresses in a way you think honors God? What do you notice about her?**
- **Would you say you dress for attention? Why or why not?**
- **How did you respond to this question on page 133: Are there changes you know you should make to honor God more in your speech, actions, or dress? What are they?**



CONVERSATION STARTERS FOR CHAPTER FIVE: *COMPARING POPULARITY*

- **Share a couple of your responses to the “Friend Questionnaire” on pages 144-145.** (This quiz isn’t online.)

Page 149 says, “Can we let you in on a secret? Social media is not a popularity contest, it’s not a worthwhile goal, and it’s certainly not an indicator of true friendship. It’s simply a skill set.”

- **Do you agree with this? Why or why not?**
- **How did you fill out the chart comparing a good friend and a good influencer (p. 149)?**
- **Do you have a friend you would call or text first when you are upset? Who is that person, what is it about them that makes them a good friend?**
- **Who would you call if you needed some Bible-based advice?**
- **If you knew for certain that Jesus chose you to be his friend, felt it deep down in your heart, what would change in your day?**
 - **Would you try something new?**
 - **Would you talk to other people?**
 - **What else?**
- **What is it like in your school or youth group? How do people group themselves (p. 158)?**

Here’s a quote from page 160: “Favoritism is judging someone by their appearance or where they fit socially and, on that basis, giving or not giving special favor, attention, and respect. Favoritism happens when we judge on a superficial level, without consideration of a person’s true merits, abilities, or character.”[1]

- **What words or phrases stand out to you the most and why?**

- **Is there someone who comes to mind who you should be treating better? Is there someone you could help to see the value Jesus gave them?**

James 2:1 says, "My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favoritism."

If you chose to "shine your light" by not showing favoritism, what difference do you think it would make?

[1] John MacArthur, James, The MacArthur New Testament Commentary (Chicago: Moody, 1998), 98.



CONVERSATION STARTERS FOR CHAPTER SIX: *COMPARING POSSESSIONS*

- **How did you do on the “Bible Verse Vs. Famous Person” quiz? Which answer surprised you?**
- **Retell the story about Lexie Beth and the statue on page 175. What is a way people measure wealth in our culture?**
- **Have you ever bought a piece of clothing, athletic equipment, or something else based on the brand name?**
 - **What was it?**
 - **Why do you think we do that?**

Share what you remember from the story of the rich man who came to Jesus (see Mark 10:17-27).

Page 183 says, “ Jesus didn’t tell the man to light a match to his money or throw it off a cliff. He said to sell his possessions and give to the poor. This man had a bulging bank account, while his next- door neighbors had empty closets, pockets, and bellies. Jesus wanted him to see that. To compare, not with his eye on the measure- up lines, but rather with his focus on the spout. Just think of how he could help! Imagine how many needs he could meet!

Money is not evil. Wealth can be used for so much good, and God expects us to enjoy the things he richly provides (1 Timothy 6:17). That means you don’t need to walk around feeling guilty when you save to get something nice. Enjoy it and thank God for the gift. Our goal as followers isn’t to blindly rid ourselves of money so that we can be poor. Our goal is to rid ourselves of any superiority that keeps us from seeing and serving the poor.

- **How is superiority attached to having money?**
- **How can money be used for good?**
- **Do you think Jesus cares about how much money we have?**
- **Does our wealth indicate how much Jesus loves or cares about us?**
 - **Can we think of stories in the Bible to support what we believe about this?**
- **Do you know someone who notices the needs of others around her?**
 - **What do they do when they see a need?**

Matthew 6:21 says, “For where your treasure is, there your heart will be also.”

- **If we are honest, what are the things we’re treasuring right now?**

- **What does contentment mean?** (Being content means being satisfied and grateful for what God has given you. It means you aren't longing for more or better.)
- **On a scale from 1 (you are not content) to 10 (you are very content), where do you find yourself most days? Why?** (See page 193.)
- **What are some things we could do to grow in contentment?**

Retell the story about Hannah on pages 195-196.

- **What are some things you could share out of the extra the Lord has given you (page 199)?**



CONVERSATION STARTERS FOR CHAPTER TWO: *COMPARING TALENTS*

- **Did you take the Talent Quiz online?** (This one isn't in the book.) **What did the quiz show you about yourself?**
- **Did you take the Talent Inventory on page 202? Share what you circled.**
- **What are some things you are uniquely good at or gifted with? Is it hard for you to answer this question?**
- **Retell Shannon's story about test day on page 205. How does this quote apply?** "We would worry less about what others think of us if we realized how seldom they do."—Ethel Barrett
- **Is it important for us to recognize the skills, talents, and gifts that we and the people around us have?**
 - **Why or why not?**
 - **How could recognizing them help us serve God better?**
 - **Does this verse help you answer?** "Great gifts mean great responsibilities; greater gifts, greater responsibilities!" Luke 12:48 (MSG)

Recall the story of the Master leaving his property with his servants (See Matthew 25:14-30).

- **How did the master decide how many talents each servant would be trusted with while he was gone (p. 207)?**
- **The servants got mismatched amounts. How is this true to life?**
- **Have you had a time when you wanted to be a part of something and didn't make the cut or weren't picked?**
 - **Describe the circumstances and the emotions you felt.**
- **Read 2 Corinthians 12:9 together.**
 - **Is there an area of your life right now where you feel weak, but where God might want to be strong for you and through you?**
 - **What is it?**
- **Would you be willing to let people see that weakness so that other people could see how God is helping you?**
- **Is there a particular setting where you are more tempted to act, speak, or think pridefully?**



CONVERSATION STARTERS FOR CHAPTER EIGHT: *COMPARING RELATIONSHIPS*

- **Did you take the "Family Matters" quiz? How would you feel about sharing your answers to the quiz? (It's okay if you don't want to.)**
- **What are some ways your friends compare parents, or what are some ways you think they could compare?**
- **Were your parents raised in a Christian home? How do you think that affects the way they parent you?**

Recount Shannon's story about the pool on pages 245-246.

- **Have you ever had an experience like this?**
- **Many teens compare homes.**
 - **What makes a cool house in your mind?**
 - **Where do you like to hang out and why?**
- **Being lonely is a really common feeling for your generation.**
 - **Why do you think this is happening?**
 - **Do you sometimes feel lonely?**
 - **Can you tell me about that?**
- **When you feel lonely, what other emotions are present? Is it hard to remember God is with you during the lonely times?**
- **Do you see or feel the pressure to date right now?**
- **Honestly, do you think it's okay for a girl like you to be single in middle school and high school?**
- **What do you want to be famous for? Kindness, boldness, gentleness, passion for Jesus? Something else?**
- **In your own words, what type of person makes a godly influencer?**

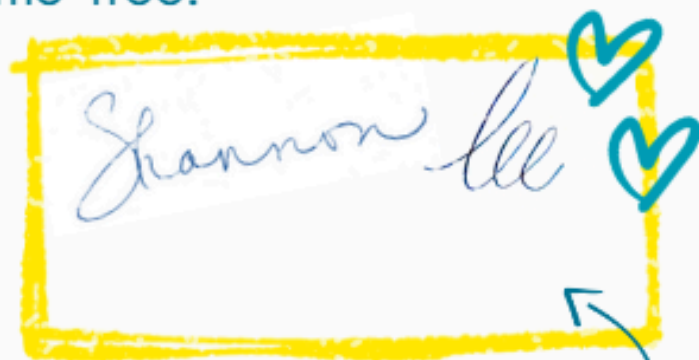
Retell Shannon's story about the cafeteria.

- **How was Kari the kind of influencer you want to be?**
- **Would you like to sign the Me-Free Pact? Let's talk through it and sign together.**

READY TO CHOOSE JESUS'S HAPPIER, HEALTHIER WAY OF LIVING ME-FREE?

THE ME-FREE PACT:

- ✓ I'm ready to stop constantly focusing on myself, and continually comparing...
 - ✓ my body with hers
 - ✓ my friends with hers
 - ✓ my house with hers
 - ✓ my talents with hers
 - ✓ my sin with hers
 - ✓ my family with hers
 - ✓ my femininity with hers
 - ✓ my influence with hers
- ✓ I will listen to Jesus and see myself and others the way He does.
- ✓ I will believe the truth (not the enemy's lies) about myself and others.
- ✓ I will choose to see other girls—not as a threat, but as people who are known and loved by God.
- ✓ I'm ready, to enter each room—not with my eyes down on my pocket-sized mirror, but with my head lifted and my eyes and heart open to others!
- ✓ I want to follow Jesus and live me-free!



sign here



Thanks for Connecting!

Dear Friend,

We are so grateful to have this opportunity with you. Our prayer is that *Comparison Girl for Teens* creates an opportunity to talk about Jesus's me-free way of living—both for you and the teen girl(s) you love.

We'd love to stay in touch! Here are some links to our podcasts and other books. It's our joy to serve you.

Warmly,

Shannon and Lee

Website: ShannonPopkin.com

Facebook: [shanpopkin](https://www.facebook.com/shanpopkin)

Instagram: [shannonpopkin](https://www.instagram.com/shannonpopkin)

Youtube: [ShannonPopkin](https://www.youtube.com/ShannonPopkin)



From the platform, page, and podcast mic, Shannon Popkin invites you to open your Bible, drink deeply of God's story, and live like it's true. Shannon is from West Michigan and happy to be sharing life with Ken, who makes her laugh every day. Together they have the joy of watching their three young adult children become the amazing people God created them to be. They also enjoy their adorable shih tzu, who—unlike the kids—has no plans of moving out.

Shannon's books include, *Control Girl*, *Comparison Girl*, and *Shaped by God's Promises*, and she hosts the *Live Like It's True* Bible podcast. She has been featured on Revive Our Hearts, FamilyLife Today, The Gospel Coalition, Proverbs 31, Girl Defined, and many other outlets. Shannon loves to connect on Instagram and Facebook. Find more from her at shannonpopkin.com.

Website: LeeNienhuis.com

Facebook: [leenienhuis](https://www.facebook.com/leenienhuis)

Instagram: [leenienhuis](https://www.instagram.com/leenienhuis)

Lee Nienhuis is an author, speaker, and passionate Bible teacher whose love for the Lord and the Word is contagious. Lee serves as a Communications Specialist, ministry coach, and consultant for many churches and non-profit organizations. With a heart for Inductive Bible Study and missions, she speaks domestically and abroad communicating a dynamic vision for the next generation and biblical literacy.

Lee's books, *Brave Moms, Brave Kids: A Battle Plan for Raising Heroes* and *Counter-Cultural Parenting* are a clarion call for parents who are looking to raise wholehearted Christ followers in this generation.

Lee's writing and speaking have been featured on Focus on the Family, True Woman, Iron Sharpens Iron, and Proverbs 31 ministries. Lee and her husband, Mike, have four great kids and live in West Michigan. Lee loves being a wife and mother, but when she isn't carting kids, coaching high school cheerleading, or whipping up dinners, she loves hot cups of coffee, deep friendships and laughing till her sides ache.





Praise for Comparison Girl for Teens:

"We wished we had this book when we were teens! Comparison is such a deep struggle for so many women well into adulthood! And the seeds are planted so young. What an impact this book will have on teens, steering them to Christ, and showing them how to place their worth in Him alone, not in what others say. Shannon's done it again!"

—**Bethany Beal and Kristen Clark**, authors of *Girl Defined*

"Shannon and Lee offer biblical truth that gently encourages and speaks life to a teen girl's soul. This book isn't afraid to go deep and get to the heart of issues like body image, gender identity, and comparison. *Comparison Girl for Teens* graciously points girls to the only one who can cure all our comparison issues and insecurities: Jesus. I can't wait to give it to my daughter!"

—**Heather Creekmore**, podcast host, body image coach, and author of several books, including *Compared to Who?*

"Shannon and Lee have written a beautiful book filled with relatable stories, personal prayers, and on-point teaching. It is a rich gift to this generation of teen girls—to any woman, really—who's humble enough to pick it up and learn to live 'me-free.'"

—**Paula Hendricks-Marsteller**, author of *Confessions of a Boy-Crazy Girl*

"Oh, how I wish I could go back to my teens and open up this book! I already have a mental note to order this for my daughter when she enters into this season of her life. This read is going to break chains and set teen girls free. Even as I was reading the pages as a twentysomething, the words touched my heart and reminded me of my purpose and what God says about me."

—**Hope Reagan Harris**, author of *This Is My Happy Place* and *Purpose Doesn't Pause*



Quotes from Comparison Girl for Teens:

"When you're committed to seeing the way God does, every room changes. Suddenly all the lies you believe about yourself and others begin to lose their stickiness."

"You were designed and fashioned by someone who thought you were just right. You aren't expected to be perfect. And you don't have anything to prove."

"Comparing and noticing our uniqueness isn't the problem. But measuring our value by the differences we notice? That's the problem. Glancing sideways to find your worth will only cause unspeakable heartache."

"You probably agree that it's bad for a girl to think poorly about herself. But have you ever thought of the harm done when a girl can't stop thinking about herself? Measure-up focus is actually *me*-focus."

"In Jesus's kingdom, the great ones don't look down on people. They look into others' eyes and take notice."

"To be free of comparison and the slavery it brings, we have to declare war on an enemy who peddles lies... We fight by tearing down wrong ideas, and replacing them with right ones. Right thinking leads to right living, and right thinking comes from God."

"Jesus wants you to be 'kingdom great' and in this book, we're going to show you how. Hint: It has nothing to do with measuring up!"

"Instead of focusing on measuring up, Jesus invites you to tip your measuring cup, share what you have with the world, and live me-free."

"The wise girl's beauty is less about how she looks and more about who she trusts. Her trust in God spreads like a foundation beneath her closet, her mirror, and her whole life."

"Jesus tells all of us that our greatness isn't based on what we look like. This means that the most athletic and clear-skinned among us aren't necessarily the greatest. Nor are the ones with the prettiest faces, firmest thighs, or name-brand wardrobes. The great ones among us are the ones who serve others in the name of Christ."

"Each time I'm confronted with my flaws in a photo, the mirror, or on the scale, it's a new opportunity to humble myself and say, "God, I trust you. You see me as your treasure. You want to use me just the way I am to bring you praise, and I trust your eyes more than mine or anyone else's."

"Say this out loud: Wealth puts me at a big disadvantage. If anyone heard you just now, I'm afraid they might be wondering what in the world you are reading. This is truly one of the most upside-down teachings of Jesus—especially for Comparison Girls of the western world."

"We might not place people with learning disabilities or lower grades at the top of the "important assignment" list. But God does. God uses all types of people every day, and he especially likes to use a person with weaknesses."

"God didn't create boys so we could prop ourselves up with them by saying, 'He likes me.' When we use a boy's attraction to us like a commodity, we're only focusing on ourselves."

"You don't have to be invited into an exclusive 'popular' circle or asked to all the parties. You can be a powerful and influential person in Jesus's kingdom from any lunch table."

"God didn't randomly give you the talents in your measuring cup. He put them there on purpose for you to share. And he put different talents in other people's measuring cups for them to share with you."

"God isn't looking for a bunch of superstars, he is looking for faithful servants—people who invest what he has entrusted to them for his glory."

"Let's leave me-first comparison behind and discover a life that is truly beyond compare."