

WEEK 1

ECCLESIASTES 4:4-8

When you compare yourself to others, there's no way to win.

WEEK 2

GALATIANS 4:4-6

When you compare yourself to others, look to God not people.

WEEK 3

MATTHEW 25:14-30

Instead of comparing yourself to others, celebrate what they have and use what God has given you.

THINK ABOUT THIS

WEEK 1: The middle school phase is full of comparison, so expect your student to assess how they measure up to others. Grades. Sports. Fashion. Friends. Comparison is normal. You as a parent have a unique opportunity in this phase to help your kid see that when it comes to comparing ourselves to others, there's no way to win.

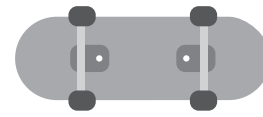
WEEK 2: It's much harder to constantly look to a God you can't see, feel, or hear than it is to look to the people around you on a daily basis. Middle schoolers will often look to others, so don't be alarmed when your kid gets caught up in what's going on around them.

WEEK 3: Celebrating the accomplishments of others isn't a natural tendency; it's a learned skill. Helping your kid during this phase learn how to celebrate the gifts and talents in others will help them be more comfortable with who they are.

REMEMBER THIS

See how very much our Father loves us, for he calls us his children,
and that is what we are!

1 JOHN 3:1A NLT



DO THIS



MORNING TIME

Part of avoiding the comparison trap is celebrating the abilities and things that others have. One day this week, choose with your student someone that each of you will make a point of celebrating by paying that person a compliment, writing them a thank you note, or posting about their awesomeness on social media.



DRIVE TIME

Sometimes the feeling of not measuring up can be so isolating. This week, take a few moments to tell your student about someone who you didn't feel like you measured up to when you were in middle school—maybe it was a sibling, a classmate, or even a friend. Share a way that, looking back on it, you can see unique strengths and abilities in each of you.



MEAL TIME

Comparison doesn't always have to be a bad thing. At one meal this week, ask these Would You Rather questions (or make up some of your own!): Would you rather . . . Live in a place that's always hot or always cold? Be able to run really fast or jump very high? Wear clown shoes or a clown wig every day for the rest of your life? Be able to play any musical instrument or be fluent in all languages?



BED TIME

Your student has unique gifts, talents, and abilities, and they need you to tell them about the ways you see them excelling. One evening this week, tell your student something about them you're proud of. Try to attach your statement to something that's true of them every day, like "I'm proud of you for being kind," or "I'm proud of how you make a point of speaking up for others."

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