



Episode 9 Study Guide: Comparison, Fear, & Seeing The Light

Genesis 28-33

"Come Follow Me" Old Testament Manual

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| 00:00-07:40 | "The wilderness times of life: God is with you" |
| 07:41-13:16 | "The meaning of 'Jacob's Ladder'" |
| 13:17-24:26 | "Rachel & Leah—overcoming envy, comparison & competition" |
| 24:26-33:37 | "Self-esteem vs. self-worth & self-awareness" |
| 33:38-41:56 | "Fear doesn't prevent bad; it prevents good" |
| 41:57-46:40 | "The power to see is in you!" |

Study Questions/Exercises

1. What have your "wilderness times" been in your life? Did you think you would "meet God" in these times? In what ways did God come to you in these times? In what ways might you better find the Lord in future "wilderness times?"
2. What has the temple done for you and your progress in making and keeping covenants, to learn, and to become more like God? What is one thing you might do to better use the temple, and other holy places, to seek Christ and find Him, especially during the "wilderness times" of your life?
3. How have comparison and competition interfered in your life and blocked your peace and joy? What have you done to try and overcome feelings of envy and comparison? What might you do to better overcome such feelings and thus to increase your joy and peace?
4. **Exercise:** Begin working on building true self-worth.
 - a. Visit <http://www.drchristinahibbert.com> and register for my free "Self-Worth vs. self-esteem mini course," and complete it.
 - b. Read my series, "The Pyramid of Self-Worth" and do the exercises suggested. Link: <https://www.drchristinahibbert.com/how-to-feel-self-worth-the-pyramid-of-self-worth-video/>

5. **Exercise:** Identify your fears. Ask, "What am I afraid of?" Then, list them and ask, "Is this a true warning? Or is this that loud, obnoxious voice of fear trying to prevent me from something GOOD?"
 - a. Read, "Fear Doesn't Prevent Bad; It Prevents Good: How to not let Fear get the Better of You" and use it to increase your attention to warnings, but to decrease your attention to fear.
Link: <https://www.drchristinahibbert.com/fear-does-not-prevent-bad-it-prevents-good-how-to-not-let-fear-get-the-better-of-you/>
6. How have you worked to develop "the power to see" that M. Catherine Thomas spoke of? How have you let Christ be "your light in the wilderness?" How have you let Him lead you, and how have you known "that it is by Him that ye are led?" What might you do this week to develop these abilities?

Resources

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