

# Summer Discussion Guide

## Season 3 | Episode 2

---

### *Learning to Champion Others in a Culture of Competition*

1. When it comes to board games and sports, are you naturally competitive? What's your favorite winning memory?
2. Do you catch yourself thinking you are 'losing' in an area of your life? What scoreboard are you measuring yourself against?
3. What is an indicator that unhealthy competition is setting in?
4. Pastors Julie and Lisa talked about how comparison isn't the enemy, but how we process comparison can be. How can we process comparison in a healthy way?
5. Share about a time in your life when comparing yourself healthily motivated you toward growth.
6. Think about a time when someone else got what you wanted? How did you respond?
7. Who needs your help building their confidence and courage this week? Who can you champion?