

How to Deal With How You Feel When You Feel Life Is Unfair

I. Introduction

II. The Problem of Comparing

A. Comparing will make me unhappy.

1. Job 5:2 (CEV) *Go worry yourself to death with resentment would be a foolish, senseless thing to do.*

B. Comparing always causes trouble.

1. Comparing always leads to coveting. And coveting always leads to conflict.
2. James 3:16 (NAS) *For where jealousy and selfish ambition exist, there is disorder and every evil thing.*

III. What to Do When Life Seems Unfair

A. Remember that God has a plan for my life.

1. Job 36:13a (NLT) *For the godless are full of resentment.*
2. Jeremiah 29:11 (NAS) *'For I know the plans that I have for you,' declares the LORD: 'plans for welfare and not for calamity to give you a future and a hope.'*
3. Psalm 139:13, 16 (NLT) ¹³*You made all the delicate, inner parts of my body and knit me together in my mother's womb.* ¹⁶*You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.*
4. Romans 8:28 (NAS) *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*

B. Be grateful for what I have.

1. I Thessalonians 5:18 (NAS) *In everything give thanks; for this is God's will for you in Christ Jesus.*

C. Focus on helping others.

1. II Corinthians 1:4 (NLT) *He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us.*
2. Romans 6:13 (NLT) *Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God.*
3. Acts 20:35b (NLT) *You should remember the words of the Lord Jesus: "It is more blessed to give than to receive."*
4. Proverbs 3:9-10 (NAS) *⁹Honor the LORD from your wealth and from the first of all your produce; ¹⁰so your barns will be filled with plenty and your vats will overflow with new wine.*
5. Malachi 3:8, 10 (NAS) *⁸"Will a man rob God? Yet you are robbing Me! But you say, 'How have we robbed You?' In tithes and offerings. ¹⁰Bring the whole tithe into the storehouse, so that there may be food in My house, and test Me now in this," says the LORD of hosts, "if I will not open for you the windows of heaven and pour out for you a blessing until it overflows."*
6. Philippians 1:6 (NAS) *For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.*
7. Psalm 119:37 (LB) *Turn me away from wanting any other plan than yours. Revive my heart toward you.*

IV. Conclusion