“Comparison is the thief of joy.” — Theodor Roosevelt

How many times have you looked at someone and felt they are lucky or have more than you do? It’s human nature to want what others have or to try to keep up with the neighbors. But how does it make you feel?

Romans 12: 6-8 states:

“we have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”

Here are some ways to live in to this sage advice:

- Record times that have made you happy or you have experienced a blessing. Refer back to these moments when things may not be going so well.
- Do something that brings you joy. It might be reading a book or going fishing, or something as simple as a smile and hello to someone at work.
- Seek out ways and people to serve. Open doors for people, buy coffee for the person behind you in line, or use your free time to serve others.

Creating joyful moments can beget a more joyful heart—and leave less time to compare your life to others’.
Find more health and well-being information at wespath.org/benefits.

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