



Why do I keep getting annoyed with others? Shame, comparison and disengagement

Read James 4

Takeaways from the Message:

A lot of issues in our life start internally.

Brene Brown suggests that in our western culture, although we are materially rich, we have an issue of scarcity. We think we don't have enough. She points to three things that show this internally:

1. **Shame** – I am not good enough. I wish I was a better person. If people really knew what was happening inside me, they would not like me.
2. **Comparison** – why are others seeing God do more? Why do they have more than me? Why do they have more friends? Why does their situation get sorted and not mind?
3. **Disengagement** – I am scared that if I try something new, I'm going to fail. Nobody notices me so why bother? What's the point when everything will fail anyway? Nobody is listening to me; I have the answers but they just won't listen, so what's the point?

When we don't deal with internal issues (shame, comparison and disengagement) James says they can show themselves through quarrels and arguments (v1), prayerlessness (v), wrong motives (v3) and slandering others (v11).

So what can we do?

1. Submit to God
2. Acknowledge you struggles
3. Come to the cross for forgiveness

Something to reflect on:

1. Which of these issues - shame, comparison and disengagement- are your biggest internal battles? Why do you think that is?

2. What things can you start to do to address this?

Further Reading

Books:

[Honesty Over Silence – Patrick Regan](#) | [Emotionally Healthy Spirituality – Pete Scazzero](#) | [Live No Lies – J M Comer](#)