

In My Feelings

Envy

SERMON SUMMARY

Envy can distort our perception of God's blessings in our lives, leading us to desire what others have instead of appreciating our own unique journey. By cultivating gratitude and contentment, we can transform envy into a deeper appreciation for the gifts we've been given and find peace in our own circumstances

KEY VERSES

Proverbs 14:30 - "A heart at peace gives life to the body, but envy rots the bones."

James 3:16

Exodus 20:17

SERMON NOTES LINK

<https://bible.com/events/49365110>

DISCUSSION GUIDE

1. What is envy?
 - Envy is a painful or resentful awareness of an advantage enjoyed by another, joined with a desire to possess the same advantage.
 - Envy is a feeling of discontent or resentment towards someone else's success, possessions, or qualities.
2. In Exodus chapter 20:17 God gives his people the 10th commandment. Why do you think this was a necessary command? What would their community look like without it?
3. Read 1 Corinthians 13:4 and James 3:13-18.
 - What do these verses teach us about the dangers of envy?
 - Is it intuitive to know that envy is harmful to us? Why might we get caught up in envying others?
4. Read Proverbs 14:30. How have you seen envy affect your own peace, well-being and relationships? Can you share a personal experience?
5. Read Ecclesiastes 4:4. How can we find true motivation and purpose in our work and achievements, rather than being driven by envy?
6. What is the cure for envy? Read Philippians 4:11-13.
 - What practices help you cultivate contentment in your life, especially when you feel envious of others?
7. Read Galatians 5:26. How can we support each other in avoiding envy and fostering a community of encouragement and humility?

PRAYER OF GRATITUDE

Take a few minutes to think of 2-3 things you're grateful for.

Have each person in your group pray to God, thanking Him for these things.

Have someone end by praying: "Father, we thank You for the blessings in our lives. Most of all, we thank you for the gift of salvation through your son Jesus. Help us to see and appreciate your gifts fully. Remove any envy from our hearts and replace it with Your peace and contentment. In Jesus' name, we pray. Amen."