

We are in week two of our series on the Seven Deadly Sins. These are so called because they are the “headwaters of sin from which all the other come gushing out.” And envy, our focus for this study, as some have said, is the least fun of all because it has discontentment at its core. “It is all bait and no hook.”

1. When was a time that you had a goal in mind — a certain job, a certain type of lifestyle, a certain weight, a certain relationship, etc. — perhaps a goal that initiated with a spirit of envy towards someone else, that you chased after, only to find that once you had it, you still felt strangely unsatisfied?
2. Read **Genesis 4**. What do we learn from this passage about the effects of envy, both short-term and long-term?
3. Pastor Ken defined envy as, “wanting somebody else’s life.”
 - a. In what areas of your life do you most often struggle with envy?
 - b. What are habits, practices, forms of media consumption, etc. that you find most often increase your level of envy?
 - c. Based on your recognition of these patterns, what is one change you can commit to in order to decrease the frequency and intensity of temptation you subject yourself to?
4. Read **Philippians 4:10-13**. How did Paul find contentment? (See Study Deeper for more on this.) How can you apply this principle to your own life in a tangible, practical way?

Challenge: Spend 5-10 minutes in silence and solitude journaling all of the things that come to mind that you have — in other words, all of the things that God has given you — to be thankful for. If you are up for the challenge, commit to the practice at least once per day for the next week.

Prayer: One of the most powerful ways that we can help our brothers and sisters battle envy is by encouraging them. Sometimes we are blind to the gifts that God has given us. This is why we need biblical community!

Partner up with someone in your group. Spend a couple of minutes talking to your partner about the gifts you see in them. And then spend a couple of minutes in prayer with each other, talking to God and thanking him for the gift that that person is and for the gifts that that person has.

STUDY DEEPER

Listen to or read the transcript of the Ask Pastor John episode, “Battling Envy”

<https://www.desiringgod.org/interviews/battling-envy>