

Let's Celebrate!

Kris Brenes

Envy is resenting God's goodness in other's lives while ignoring God's goodness in my own life.

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

Envy is not a circumstance issue. Envy is a heart issue.

And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind. Ecclesiastes 4:4

Less is actually more when it leads to contentment.

Better one handful with tranquillity than two handfuls with toil and chasing after the wind.
⁷ Again I saw something meaningless under the sun: ⁸ There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business! Ecclesiastes 4:5-8

Breaking the power of envy...

- Celebrate God's goodness to others.
- Appreciate God's goodness in your life.

When you're envious or jealous, your real issue isn't with the other person. It's with God.

- You cannot compete or compare your way to peace.
- There's no win in chasing the wind.

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light." Matthew 11:28-30

Jesus says...

- "Come to me."
- "Follow me."
- "Let me be the Boss of you."

Let's Connect

Name some things that people most envy in others.

Let's Talk About It

No one likes being told what to do. And yet many of us are being unintentionally pushed around by several dangerous emotions. Envy is a dangerous emotion that, if left unchecked, will *rot our bones*. Envy causes us to compare and compete with others in an unhealthy way, bringing arrogance when we're winning and discouragement when we're not. It robs us of contentment and causes us to feel like—as King Solomon put it—we're chasing after the wind. But the truth is, our envy issue isn't with *him* or *her*, it's with God. We think we deserve something that God has given to someone else. To break the power of envy, we celebrate the success of others, appreciate God's goodness to us and humbly come to Jesus and ask Him to change our hearts.

Proverbs 4:23; Proverbs 14:30; Ecclesiastes 4:4-8; Romans 12:15; Matthew 11:28-30

- Which part of the message made an impact, caught your attention, or challenged you?
- Read Proverbs 14:30. Describe some of the ways our culture depends on or encourages envy. What currently triggers your strongest feelings of envy (social media, friends, work)?
- Read Ecclesiastes 4:4-8. How have you seen envy affect relationships? Are there things in your life you're not enjoying because you're envious of someone else?
- Re-read Ecclesiastes 4:6. Is there a situation in your life in which you might find more peace if you were to pursue less instead of more? Share with your group your "one handful" – ways that God has blessed you and things you're thankful for.
- Read Romans 12:15. Who is someone you can celebrate, congratulate, or thank? What might happen as a result of your leading others to celebrate the successes of others?
- Read Matthew 11:28-30. When you're envious or jealous, your real issue isn't with the other person. It's with God. Do you agree or disagree? Do you feel God owes you for something that He's blessed someone else with? Share and explain.

Take a Step

- Look for ways to celebrate the successes of others this week. Also, take time to write out some of the things you're grateful for. Express your gratitude to God in prayer.
- **SOAP reading:** **Day 1:** 1 Kings 15, 2 Chronicles 13-14, Philippians 4; **Day 2:** 1 Kings 16, 2 Chronicles 15-16, Colossians 1; **Day 3:** 1 Kings 17-19, Colossians 2; **Day 4:** 1 Kings 20-21, 2 Chronicles 17, Colossians 3; **Day 5:** 1 Kings 22, 2 Chronicles 18-19, Colossians 4; **Day 6:** 2 Kings 1-3, 1 Timothy 1, Psalm 82; **Day 7:** 2 Kings 4-5, 1 Timothy 2, Psalm 83

Here's My Prayer

Thank you, Jesus, for dying for my sin. I repent for believing the lie that You owe me. You've given me so much and I owe everything I have to You. Give me courage to celebrate what you've given other people and rid my heart of envy, jealousy and striving to compete and compare myself with others. I'm grateful for what You've given me. I bring my heart before You and ask You to shape me to be who You created me to be. In Jesus' name, amen.