



Session Three: Envy

INTRODUCTION

Envy causes us to compare and compete with others in an unhealthy way. It brings arrogance when we're winning and discouragement when we're not. It robs us of contentment and causes us to feel like—as an ancient king put it—we're chasing after the wind. But envy doesn't have to be the boss.

DISCUSSION QUESTIONS

1. In what areas are you most inclined to be envious of others?
2. What currently triggers the strongest feelings of envy for you? Is it social media, work, family, or something else? Explain.
3. Are you competing internally with anyone (e.g., a parent, sibling, or friend)? How is that envy affecting you and your relationships?
4. **Read Ecclesiastes 4:4–8.**
 - What stands out to you?
 - King Solomon writes that envy is like chasing after the wind. What are some ways this comparison is true?
 - How would you answer the questions that the person in verse 8 asks himself?
 - For whom am I toiling?** (Who am I really trying to prove something to?)
 - Why am I depriving myself of enjoyment?** (Why am I letting envy rob me of the satisfaction of what *is* happening in my life?)
5. In an effort to decrease envy, who is someone you can celebrate, congratulate, or thank? How could doing that help?

Moving Forward

To prepare yourself for when envy begins to emerge, memorize any or all of these statements.

- *Better one handful with tranquility than two handfuls with toil and chasing after the wind. (Ecclesiastes 4:6)*
- *A heart at peace gives life to the body, but envy rots the bones. (Proverbs 14:30)*
- “Envy, you’re not the boss of me. I will not chase after the wind.”