

# SEVEN DEADLY SINS: ENVY

August 3<sup>rd</sup>, 2025

## MESSAGE RECAP

Envy is more than wanting what someone else has; it's resenting them for having it. While coveting desires possessions, envy adds anger, jealousy, and resentment. It poisons our joy, strains relationships, and reveals a lack of trust in God's provision. Scripture warns, "A heart at peace gives life to the body, but envy rots the bones" (Proverbs 14:30). Like pride, envy is rooted in a misplaced desire – believing we lack something essential that others have. The only cure for envy is contentment in Christ.

## GROUP DISCUSSION

1. After listening to the message, what stood out to you?
2. When was the last time you felt yourself comparing your life to someone else's? What emotions did that stir up?
3. Read through Exodus 20:17 & Proverbs 14:30
  - a. What's the difference between coveting and envy?
  - b. How do these verses describe the damage envy can do to our hearts?
4. Where do you notice envy sneaking into your life most - work, social media, family finances, neighbors, and friendship?
5. Three Applications Question from the message.
  - I. How am I praying about this? 1 Thessalonians 5:16-18
  - II. Do I really trust God? 1 Timothy 6:6-8
  - III. Is Jesus Enough? Colossians 1:15-20

## PRAY

*End your group time in prayer.*