

Bible Study – The Seven ENVY TO LOVING KINDNESS

For Starters

- Why do we tend to envy people who are like us?

Read Genesis 37:1-11

1. What is envy, and where do you see it in Genesis 37:1-11?
2. What are some ordinary, everyday forms of envy we might experience?
3. Think of the sort of people you might be envious of. What does their advantage seem to say about your worth, significance, and satisfaction?
4. In your experience can you identify with the three basic stages of envy (comparison > desire > resentment)?
5. What does envy reveal about what we believe about God, ourselves and others?
6. How does envy undo love (the three loves)? (1Cor 13:4)
 - a. Loving God?
 - b. Loving our neighbour?
 - c. Loving ourselves?
7. Envy undoes love, but love undoes envy! How so?
8. Our worth is not something we have to earn, accumulate or win through comparison and achievement. God gives us our value, and Christ demonstrates God's love for us by giving Himself for us. How does this help us move from envy to loving kindness?
9. How can we grow in contentment? (1Tim6:6-10, Phil 4:10-13)

10. How can we love rather than envy our neighbour? What would have to happen in your soul for you to be able to give thanks for another's blessings rather than feel envious?

11. What specific act of loving-kindness could you do towards the person you envy this week?

Pray together