



# How Do You Feel

Discussion Group Guide  
Week Six **Envy**

***“If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.” John 8:31***

When we let envy’s lies guide us, we become prisoners. When we continue in Jesus’ word, we become genuine disciples who are freed by the truth. Read each passage from scripture below, and spend time discussing the truth in them, which frees us from envy.

Envy tells us to **COMPARE**. God tells us we have been made wonderfully.

***“It was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.” Psalm 139:13–14***

- Identify three things about yourself that God has made wonderfully. Share with the group.
- How have you seen the wonder of God’s work in others in your group? Share.

Envy tells us to **REDUCE**. God tells us that life is more than numbers.

***“Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions.” Luke 12:15***

- What numbers are you most tempted to reduce yourself to?
- What are some things that are especially good about your life that cannot be quantified?

Envy tells us to **COMPETE**. God tells us to cooperate.

***“If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose.” I Corinthians 12:17–18***

- What “body part” best captures your unique strengths? (Be creative.)
- What are your limitations that require cooperation from others?

Envy tells us to **DEPART** from our unique path. God tells us to run the race set before us.

***“Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.” Hebrews 12:1–2***

- Where are you most likely to be distracted when looking at the race others are running?
- Where do you need to refocus your attention to run the race God is putting before you?

Envy tells us to **LANGUISH**. God tells us to walk in the good works he made us for.

***“We are what he has made us—created in Christ Jesus for good works, which God prepared beforehand for us to walk in.” Ephesians 2:10***

- Where are you most stuck, envying others?
- What are the good works that you feel God is inviting you to walk in? Be specific.

## **PRAY**

Close your time together by thanking God for the good things He has taught you through the discussion. Be specific, and ask Him for help where you need it. If each person in your group is comfortable praying aloud, pray for the person to your right. If not, have a leader take notes, and pray for the group all together.