

Envy: How It Poisons Us and How to Get Rid of It
Discussion Questions and Bible Verses for WOW Class

This handout accompanies the WOW Class lesson taught by Jennifer Degler on Facebook Live on 7/26/20 at 9:30 a.m. ET. To view the video afterwards, go to her [Facebook page](#), [Instagram](#) @drjenniferdegler, or the [Jennifer Degler Ministries channel on YouTube](#).

* Envy poisons our: relationships, motives, self-esteem and identity, and blessings.

* To get rid of envy, we can: admit it's there, stop comparing, count our blessings, allow God to use withholding to change our desires, and love like Jesus.

Discussion question: What have you envied that another person has?

DQ: How does envy cause us to lose sight of who we are in Christ?

DQ: How does envy poison our blessings?

DQ: What blessing in your life are you grateful for?

(Bible verses are from the NIV unless noted otherwise.)

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

Prov 27:4 "Anger is cruel and fury overwhelming, but who can stand before jealousy?"

Titus 3:3 "Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other." NLT

James 3:16 "For where you have envy and selfish ambition, there you find disorder and every evil practice."

2 Corinthians 10:12 “We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.”

Prov 3:31 “Don’t envy violent people or copy their ways.” NLT

Prov 23:17 “Do not let your heart envy sinners, but always be zealous for the fear of the Lord.”

Prov 24:1-2 “Don’t envy evil people or desire their company. For their hearts plot violence, and their words always stir up trouble.”

Prov 24:19 “Do not fret (be agitated) because of evildoers or be envious of the wicked,”

Genesis 30:1 “When Rachel saw that she was not bearing Jacob any children, she envied her sister. “Give me sons, or I will die!” she said to Jacob.” HCSB

Prov 28:13 “People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.” NLT

James 3:14 “But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.”

Ecclesiastes 5:19 “And it is a good thing to receive wealth from God and the good health to enjoy it. To enjoy your work and accept your lot in life—this is indeed a gift from God.” NLT

Psalms 131:1-3 “Lord, my heart is not proud;
my eyes are not haughty.

I don’t concern myself with matters too great
or too awesome for me to grasp.

² Instead, I have calmed and quieted myself,
like a weaned child who no longer cries for its mother’s milk.

Yes, like a weaned child is my soul within me.

³ O Israel, put your hope in the Lord—
now and always.” NLT

1 Corinthians 13:4 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”