

Week 2: Envy – The Only Vice That Isn't Fun

Definition – “Wanting everyone else to be as unsuccessful as you are” -Frederick Buechner

Is Everything Envy?

The short answer is no, not everything is envy. Envy is being bitter or sad that someone else's good fortune surpasses your own. Envy doesn't want you to have more, but for someone to have less. This is why envy is the only vice that isn't any fun at all.

Challenges

Don't Hide It – Find someone you trust. Have an honest and open conversation about ways you feel inferior.

Count Your Blessings – Do this...literally. Count the ways God has blessed you. Count what you do have. Real blessings are always better than what you imagine you could have.

Remember Your Self-Worth – Self-worth is the worth God gives you, not the worth you give yourself. Ask someone to tell you what they like about you, or what God likes about you.

Prayers

Monday – Pray for someone you are jealous of. Thank God for their abilities.

Tuesday – Thank God for your blessings. Spend at least 5 minutes thanking God for all the things that God has blessed you with.

Wednesday – Be honest with God about something you truly desire. Ask God to help you be ok with not getting it.

Thursday – Pray with someone else. Have each person thank God for the other person's gifts and abilities.

Friday – Pray for someone you are jealous of. Thank God for them. Was it easier this time?