

July 15, 2018  
Series: Hello Summer  
Goodbye Envy  
Adam Donyes

1. Did you ask your wife's father for her hand in marriage? How did it go?
2. Adam listed five people or groups of people he did not envy. Who were they?  
**(Fathers of daughters, LeBron James, People who live in Alaska in the winter, metropolitan commuters, U.S. presidents)**  
Name a person or group of people you don't envy and tell why.
3. List the four groups of people he has to work at not envying. **(People with resting happy faces, people with children with less energy than his have, vacationers, twenty-somethings with less responsibility)**  
Who do you have to work at not envying?
4. Paraphrase the passage about Jesus and Peter and John in John 21:20-23 and what does it tell us about comparisons?
5. Adam said that we need to pray for wisdom in order to know the difference in healthy and unhealthy comparisons. What is an example of healthy comparison? What is an example of unhealthy comparison? Have you ever been helped or hurt by comparing yourself to another? How is comparison different than envy?
6. Adam showed that the rise of social media corresponds to the rise of anxiety, depression, and suicide especially among the young. He also suggested that we can promote envy in our social media and can be a victim of envy because of social media.
  - \*What kinds of posts cause people to envy?
  - \*Have you ever envied someone because of a post?
  - \*What are "safe" things to post then in order to avoid causing others to envy?
  - \*Do you think social media affects you negatively? Why or why not?
  - \*Should we avoid social media altogether?
7. Proverbs 14 says that envy makes "the bones rot." That is figurative language, of course, but have you seen envy in others take away any tranquility and lead to something agitating and ugly in their heart?
8. Adam said "envy cultivates a heart of taking, and takers are never happy because they never have enough." How have you seen this to be true? Who do you know who is generous? How would you describe level of joy in a generous person?
9. Jesus says that he came that we "may have life, and have it to the full" (John 10:10). Do you think you have abundant life or "life to the full"? Why or why not?