



BEREAN
SMALL GROUPS

FOR THE GOSPEL
ROMANS 1:16

Keep Heart: Gratefully Content

Psalm 37:1-11

Envy

"We are jealous of our own; we are envious of another man's possessions. Jealousy fears to lose what it has; envy is pained at seeing another have." [ISBE](#)

Wandering Eyes

- Is it possible that your envy of another could cause you to change your actions towards them, without realizing envy was compelling you?
- What are some of the most dangerous consequences of unquenched envy?
- Why is it that even after acquiring the object of one's envy, the sin of envy is not silenced?
- Do you agree or disagree with the following statement? Explain your answer. **"Envy is our way of telling God that his gifts aren't good enough."**

"Lottery winners are more likely to declare bankruptcy within three to five years than the average American"

-[CNBC](#)

Keeping Your Heart from Envy *Eyes on the Prize*

*"God cannot give us a happiness and peace apart from Himself, because it is not there. There is no such thing."—
C.S. Lewis*

1. **"Trust in the LORD and do good; dwell in the land and befriend faithfulness."**
 - The key to squashing envy is trusting in a sovereign God – "And all God's people said...NO DUH!" Why do the most profound solutions appear as pat answers?
 - It's no secret that *'pray, read your bible, go to church'* would solve the world's nuclear war crisis (as well as help remove the bunion from your foot). Yet when this answer is given after pouring out your heart, it often drives one further into despair rather than providing hope. Why is this so? How can one bring the hope of the authority of Scripture without driving another away?

2. Delight yourself in the Lord, and He will give you the desires of your heart.” – Psalms 37:4

- How is this promise delivered for those who have desired godly things such as a child or a spouse, and yet die without either? Is it possible for some that this promise is only delivered in death? Why or why not?

3. Follow the Leader

“Commit your way to the LORD; trust in him, and he will act. He will bring forth your righteousness as the light, and your justice as the noonday.” – Psalm 37:5-6

- How does bringing forth righteousness and justice keep your heart from envy?
- Is envy causing our national divide in the pursuit of truth and justice?
- Pick any number of stories making the national headlines today. Justice and righteousness have turned into subjective commodities. How did this happen? What, if anything, can we do about it?

4. Be Still and Wait Patiently

“Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.” – Psalm 37:7-9

- How does one tell the difference between waiting on the Lord and lazy acceptance?
- How would one turn their impatient waiting into righteous anticipation?
- Is there a place for longing for something one doesn’t have without sinning? If so, what would it be?
- If emulate is the opposite of envy; how can one emulate what someone else has that you don’t, without causing envy?

5. Seek meekness in the land of the loud.

*“In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there. But the meek shall inherit the land and delight themselves in abundant peace.”
Ps. 37:10-11*

- Read and Discuss Paul David Tripp’s letter on Contentment.¹
 - Is contentment the key to squashing envy? Is the key to contentment worship? Why or why not? How does daily worship lead to contentment? How can you engage your heart in daily worship?

¹ <https://www.paultripp.com/wednesdays-word/posts/working-your-way-up-devo>

Working Your Way Up

Why do we all seem to want more? Why is it so hard for us to accept less? Why do we get haunted by bigger and better? Why is it so difficult to be satisfied?

Why it is so hard to be content?

Maybe it's a better job, maybe it's a more succulent steak, maybe it's a nicer boss, maybe it's a prettier girlfriend, maybe it's a nicer car, maybe it's a more luxurious condo, maybe it's a better vacation, or maybe it's as insignificant as a better cup of coffee than yesterday, but the spiritual energies of your life can be consumed by working your way up.

When I begin to humbly accept who I am as a sinner, when I honestly face the fact that my deepest problem in life exists inside me and not outside me, and when I begin to grasp the reality that God sent his Son to free me from my biggest problem - me - then I'll quit working my way up. – Paul David Tripp

What do I mean by "working your way up?" I mean that, in reality, you're living in a state of constant discontent. Yes, you're thankful for the joy of the moment, but you don't have your head down in prayerful thanks. No, your head is up, and your eyes are scanning for the next bigger, better, more satisfying thing.

When you're discontent, you're always in some way working your way up the list of personally satisfying delights. You're not really thankful for - or committed to - what you've been given, because in your heart you think that there must be something better at the top, and so you're on the hunt.

What's the solution to "working your way up?" It's about IDENTITY and WORSHIP. When I begin to humbly accept who I am as a sinner, when I honestly face the fact that my deepest problem in life exists inside me and not outside me, and when I begin to grasp the reality that God sent his Son to free me from my biggest problem - me - then I'll quit working my way up.

Why? Because I'll be so filled with gratitude that the one thing I desperately needed, God freely gave me in his Son. What's this one thing? It's the thing in life that I couldn't do for myself, yet I can't live without.

By an act of his grace, God has freed me from my bondage to me. He's freed me from my addiction to having me at the center of my universe. He's freed me from the ravenous and unsatisfiable appetite of sin so that I may begin to experience true personal satisfaction where it can only be found - in worship of Him. He's broken the power of this addiction over me so that I can be increasingly free where I live every day.

The key to getting off the "climb" and experiencing true contentment is not having more or learning to live with less. The key to contentment is WORSHIP. It's only when my heart is satisfied because of what I've been given *in Christ* - and so much more delighted with God's glory than in the possibility of possessing the next glorious physical thing - that I'll leave the hunt.

Where do you tend to reach for the next best thing? What are you telling yourself that you need? Do you remind yourself daily of who you really are? Do you constantly remember your deepest need? Are you increasingly content because you've begun to grasp that you've been given everything you need? And have you realized that that "everything" is HIM?