

Questions for Conversation  
February 27, 2022

**Seven Well-Worn Paths: Envy**

1. What do you think of the analogy of sin as a sledding run? Do you feel like you have control of the sled (that is: freedom from the control of sin)? Why or why not?
2. Read James 3:13-18. What stands out to you? Why is humility difficult for us to hold onto?
3. How have you experienced jealousy, covetousness, or envy in your life? Do you agree that envy (like pride) is connected to a lack of self-worth?
4. What are your experiences with competitiveness or rivalry? How do you keep a cool head when situations get heated? What role does competition (healthy or unhealthy) play in our lives?
5. What is your relationship with social media? How do you handle the temptation to compare yourself with others?
6. How can you love your enemies this week?
7. Take some time to pray, perhaps using “breath prayers” like the ones below or spending time giving thanks to God for his goodness.

*Inhale:* Nothing can separate me  
*Exhale:* from the love of God.

*Inhale:* You fill my life  
*Exhale:* with good things.