

THE DEADLY SINS – *Episode 2: Envy and Gratitude*



Team Member Name: _____ Date: _____

Game Strategy – Our neighbor has a bigger house, maybe a nicer car, or the latest flat screen TV. We can want what he has or choose to be grateful for what we’ve been given. Men, are we ambitious or are we envious?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What is envy? What are some ways that we can become envious?
2. How do you think we can overcome envy? The Scriptures say: “In all circumstances give thanks,” (1 Thess. 5:18). How can gratitude deliver you from envy? Illustrate it from your life.
3. Is your life characterized more by envy or by gratitude? Why?
4. Sometimes envy can lead us to be hateful and vengeful towards another person. Has there been an occasion in your life when you have been envious of another person? What caused this? How did you correct it?
5. What are some ways that we can show our gratitude? What are you grateful for?
6. What are some steps that you can take in your own life that will prevent you from being envious towards relatives? Friends? Co-workers? Neighbors?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Psalm 73. Ask to see the Lord.
2. Mat 13:44-46. The solution is to turn back to Jesus Christ.
3. Ask the Lord to give you a positive attitude.

Complete your **Personal Action Item**. 

Scripture References

Proverbs 14:30

James 3:16

1 Corinthians 13:4

Psalm 73:1-28

Matthew 13:44-46

1 Thessalonians 5:18

Coaching Tips

Envy is a resentment which "occurs when someone lacks another's quality, achievement or possession and wishes that the other lacked it."

Envy, my children, follows pride; whoever is envious is proud. See, envy comes to us from Hell; the devils having sinned through pride, sinned also through envy, envying our glory, our happiness. Why do we envy the happiness and the goods of others? Because we are proud; we should like to be the sole possessors of talents, riches, of the esteem and love of all the world! We hate our equals, because they are our equals; our inferiors, from the fear that they may equal us; our superiors, because they are above us. ~ *Saint John Vianney*

Catechism Connection

413 "God did not make death, and he does not delight in the death of the living. . . It was through the devil's envy that death entered the world"

2538 The tenth commandment requires that envy be banished from the human heart. When the prophet Nathan wanted to spur King David to repentance, he told him the story about the poor man who had only one ewe lamb that he treated like his own daughter and the rich man who, despite the great number of his flocks, envied the poor man and ended by stealing his lamb. Envy can lead to the worst crimes. "Through the devil's envy death entered the world". We fight one another, and envy arms us against one another.... If everyone strives to unsettle the Body of Christ, where shall we end up? We are engaged in making Christ's Body a corpse.... We declare ourselves members of one and the same organism, yet we devour one another like beasts.

2540 Envy represents a form of sadness and therefore a refusal of charity; the baptized person should struggle against it by exercising good will. Envy often comes from pride; the baptized person should train himself to live in humility: Would you like to see God glorified by you? Then rejoice in your brother's progress and you will immediately give glory to God. Because his servant could conquer envy by rejoicing in the merits of others, God will be praised.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...