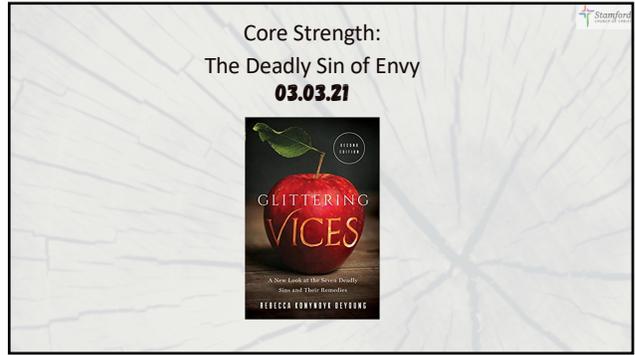


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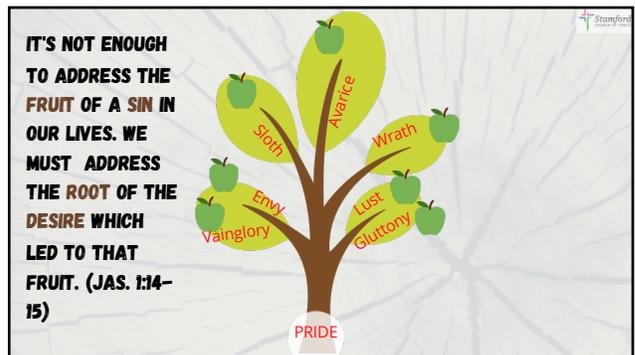


2

Evagrius (4th c.)*	Cassian (4th/5th c.)†	Gregory (6th c.)	Aquinas (13th c.)
1. Gluttony	1. Gluttony	<i>Pride</i> = root	Pride = root
2. Lust	2. Lust	1. Vainglory	1. Vainglory
3. Avarice	3. Avarice	2. Envy	2. Envy
4. Sadness	4. Wrath‡	3. <i>Sadness</i>	3. Sloth
5. Anger‡	5. Sadness	4. Avarice	4. Avarice
6. Sloth (Acedia)	6. Sloth	5. Wrath	5. Wrath
7. Vainglory	7. Vainglory	6. Lust	6. Lust
8. Pride	8. Pride	7. Gluttony	7. Gluttony

*Evagrius did not maintain a consistent order for his list.
 †Cassian's list is the same as Evagrius's but is ordered from carnal to spiritual.
 ‡"Anger" and "wrath" translate the same Greek and Latin terms, which also refer to the passion or emotion of anger.

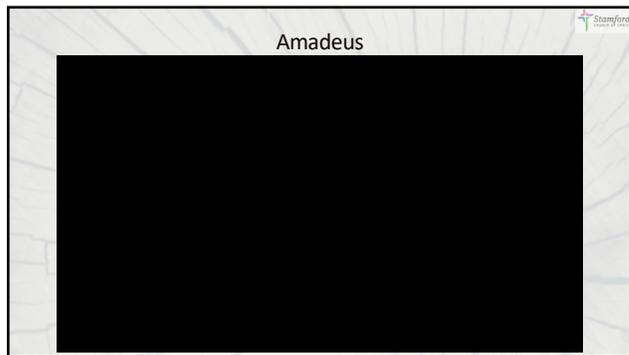
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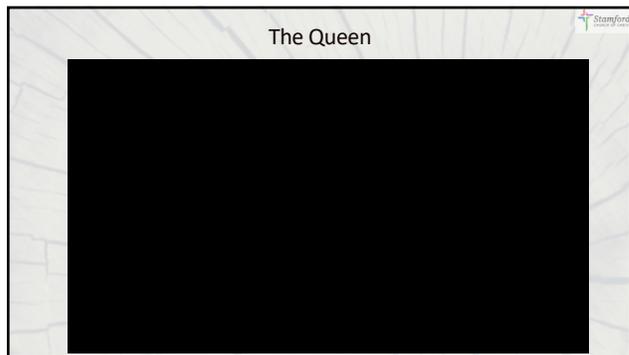
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6



7



8

Reflection

- What does envy look like in film?
- What does envy spring from?
- What does it lead to?

9

Envy in Scripture

10

3 In the course of time Cain brought to the Lord an offering of the fruit of the ground, 4 and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had regard for Abel and his offering, 5 but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. 6 The Lord said to Cain, "Why are you angry, and why has your face fallen? 7 If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it."

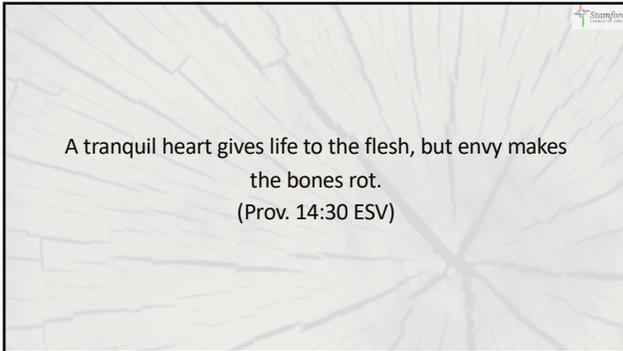
(Genesis 4:3-7 ESV)

11

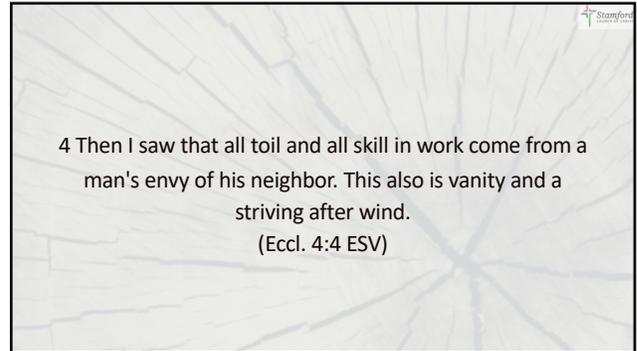
3 Now Israel loved Joseph more than any other of his sons, because he was the son of his old age. And he made him a robe of many colors. 4 But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peacefully to him.

(Genesis 37:3-4 ESV)

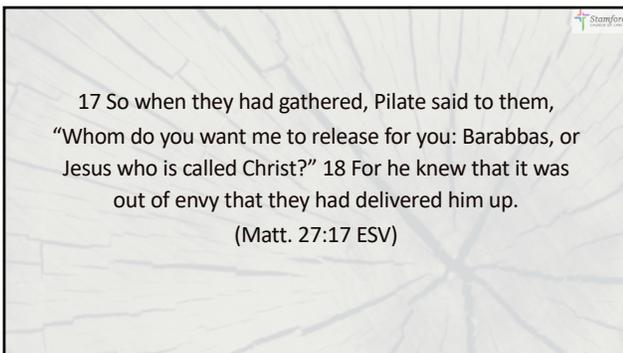
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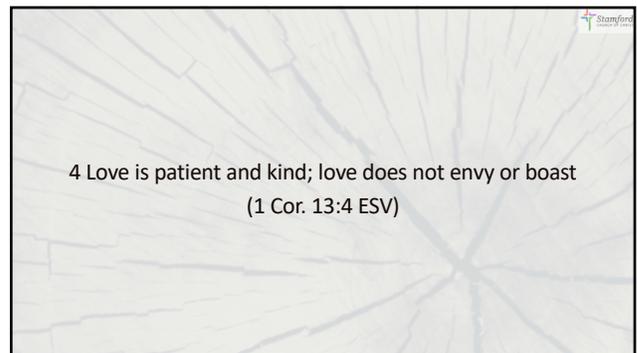
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14



15



16

Reflection

- What seems important to you from these Scriptures about envy?
- What does envy lead people to do?

17

COVETOUSNESS V ENVY

Covetousness is focused on what we own.
 Envy is focused on who we are.
 The covetous person delights in acquiring the thing, while the envier delights in the way the redistribution of goods affect her and her rival's positions. (RDY, 69)

18

JEALOUSY V ENVY

The jealous "have" something or someone they love but might lose. The envious, by contrast, are "have-nots"-- they do not have the good their rival does, and they do not have self-love either. Thus, they have nothing to lose and everything to gain from another's loss. (RDY, 70).

19

ENVY AND SELF-WORTH

The envious care how they stack up against others because they measure their self-worth comparatively ... the envious grieve over another's good because it is greater than their own, and because the comparison reveals not only their lack of that particular good but also their consequent lack of worth.

20

ENVY AND SELF-WORTH

When I look at your success or your money or your joy, that good thing makes me feel bad. It somehow calls me into question, it taunts me, it makes me doubt myself, it even makes me doubt God. When I see your success, it makes me think less of myself. It calls into question all that I am, all that I've done, all that I've accomplished, all that I've worked for. It becomes an issue of my own identity. Your success screams that I have failed. (Tim Challies)

21

ENVY AND THE PANDEMIC

Envy runs on fantasy, too, and the pandemic has given every one of us a shining object of endlessly defensible envy: our own lives, three months ago. It doesn't matter how much or little has changed day-to-day. Any difference is enough for this discontent. Then there's envy in its more familiar form, the envy of each other. Those of us stuck inside can envy the freedom of those who must go out; those out can envy the safety of we who are in. And this is a particularly difficult envy to resist because these are licit wants. Freedom is good! Safety is good! We are not wrong to want whichever we don't have. But that want becomes sin when it is bitter and resentful, precluding joy in another's circumstance and gratitude for our own. (Bonnie Kristian)

22

ENVY AND THE PANDEMIC

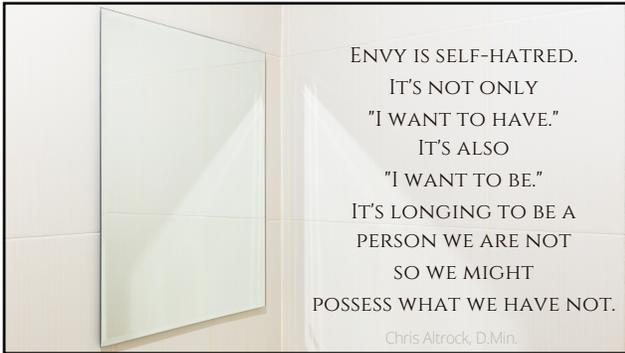
When the coronavirus hit France, Leila Slimani, a popular French-Moroccan novelist, and her family left Paris for their country home. Once there, Ms. Slimani began writing a quarantine diary for the newspaper Le Monde. The response, especially from people in teeny Parisian apartments, was so scathing, she apparently abandoned the series. When the billionaire David Geffen posted photos of his megayacht on Instagram while he quarantined in the Grenadines, the backlash led him to turn his account private. (Nancy Wartick)

23

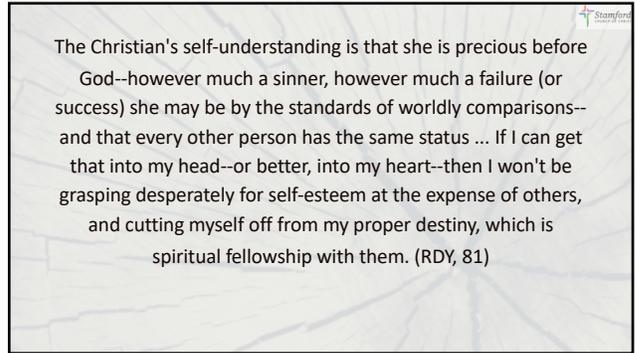
ENVY AND THE PANDEMIC

Quarantine envy: If it's not a widespread term yet, it should be. Envy, of course, is the joy-devouring emotion of craving what others have. Even before the pandemic, social media was linked to rising levels of the emotion. "Social media magnifies and creates instant, destructive envy," said Andrew Oswald, professor of economics and behavioral science at the University of Warwick in England, and a co-author of a study on whether envy is societally harmful (short answer: yes). "There's a globalization of envy and in the longer run, we have to regulate it." (Nancy Wartick)

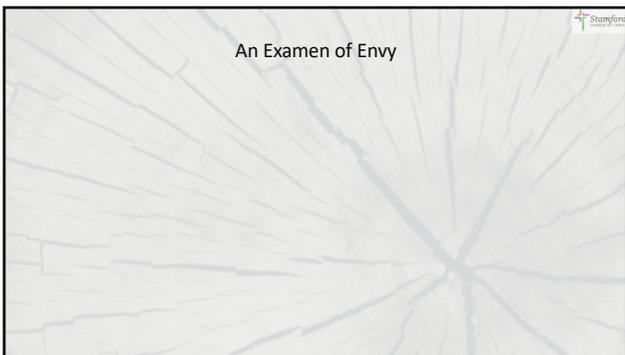
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25



26



27



28

5. During the last day/ half-day I read false motives into others' behaviors. *

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Not at all Strongly

6. During the last day/ half-day I belittled others. *

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Not at all Strongly

7. During the last day/ half-day I engaged in backbiting (saying something bad, even if true, behind another's back) or slander (saying something bad, even if true, in the open about another). *

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Not at all Strongly

29

8. During the last day/ half-day I engaged in the following type(s) of gossip: *

Mark only one oval.

initiating gossip

collecting gossip

retelling gossip

none of the above

9. During the last day/ half-day I aroused, fostered or organized antagonism against others. *

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Not at all Strongly

30

10. How well does this describe envy's impact on your joy? (quote by Tim Challies): "When I am walking with Envy and allowing him to influence me, I cannot enjoy anything in itself because I only see what I have and what I am in comparison to someone else. I am not popular, I am less popular than he is. I don't sell books, I sell fewer books than he does. In every case, I can never be joyful, because everything the other person has calls me into question." *

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Not at all Strongly

11. When I see someone who has what I desire, I ... *

Check all that apply.

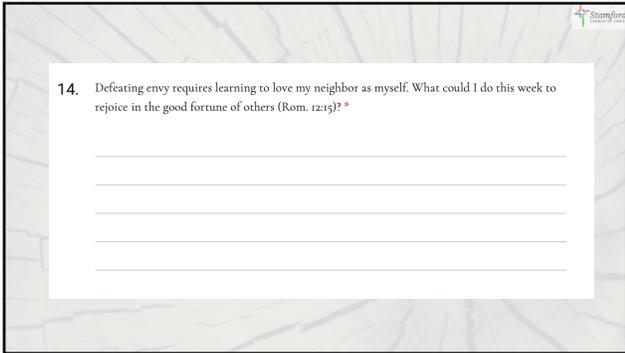
Feel grateful for their good fortune	Feel grateful for their good fortune ... and wish I had what they had.	Feel frustrated or angry that I do not have what they have.	Feel ill will toward them for what they have.	Feel bad about myself for not having what they have.
Row 1 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

31

12. Defeating envy begins with gratitude and thanksgiving. What is one step I can take today/ this week to focus more on the blessing of what I DO have rather than what I DON'T? *

13. Defeating envy also involves self-love. How can I focus today/ this week more on the worth and value I already have rather than pining for a worth or value tied to the possession or position that someone else has? *

32



Scamford
General Practice

14. Defeating envy requires learning to love my neighbor as myself. What could I do this week to rejoice in the good fortune of others (Rom. 12:15)? *

33