



**Let it Go
Let Go of Envy**

Need help navigating an online group session? Reach out to MichaelS@wschurch.org with questions and to get tips for how to stay connected even when you can't meet in person!

If you've ever been stuck in the cycle of envy, you know how miserable it can be. Comparing ourselves to others? It only makes us feel worse. It traps us and steals our joy. Break the cycle of envy by leaning into Jesus. Allow your worship to cancel your envy.

Scripture:

When the Lord saw that Leah was unloved, he enabled her to have children, but Rachel could not conceive. So Leah became pregnant and gave birth to a son. She named him Reuben, for she said, "The Lord has noticed my misery, and now my husband will love me."

She soon became pregnant again and gave birth to another son. She named him Simeon, for she said, "The Lord heard that I was unloved and has given me another son."

Then she became pregnant a third time and gave birth to another son. He was named Levi, for she said, "Surely this time my husband will feel affection for me, since I have given him three sons!"

Genesis 29:31-34

Once again Leah became pregnant and gave birth to another son. She named him Judah, for she said, "Now I will praise the Lord!" And then she stopped having children.

Genesis 29:35

When Rachel saw that she wasn't having any children for Jacob, she became jealous of her sister. She pleaded with Jacob, "Give me children, or I'll die!"

Genesis 30:1

Icebreaker and Intro Questions:

1. What are some things you have realized that you don't really need during quarantine?
2. What resonated with you from Sunday's service? (Sermon, scripture, song, etc.)

Discussion Questions:

3. Growing up was there ever someone (a student or friend) that you compared yourself to regularly?
4. Read Genesis 29:31-34 on your own and give everyone a minute to reflect or journal some notes on the passage. Can you relate at all to Leah? If not right now, have you ever had a season where you could relate to her feelings?
5. In the cycle of envy, we long to be seen, heard and connected. Have you ever found yourself in one of these stages?
6. In between verses 34 and 35 something shifts in Leah's perspective. Read Genesis 29:35 aloud as a group. What do you notice? What can we learn about worship from this moment?
7. Michael encouraged us that often perspective is the enemy of envy. Read Genesis 30:1 together as a group. How does this help us battle envy?
8. When you pray to close your group time, ask God to show each person in your group that He sees them, He hears them, and He loves them.

This week:

- Spend some time reading Psalm 139 and using it part of your conversation with God. Talk to him honestly about what you're feeling right now and ask him to help you look at your heart. Ask Him to show you his love and presence this week.
- One of the ways we can shift our perspective away from comparison and envy is to worship. Take a walk or a drive, or find a place where you can listen to some worship songs. Sing along and allow your attention to turn to God – who He is and what He has done. (If you want to find some of the worship songs we sing in our services, go to wschurch.org/songs to get links.)
- We've put together several excellent resources for you to use during the Let It Go teaching series at West Side. Grow deeper in your faith and relationship with God with free Bible reading plans, video content, and more at wschurch.org/resources.

Notes: