

Day One: Genesis 29:14—30:24

- Summarize Jacob and Laban's interactions (29:14-30). Describe Laban's daughters, and Jacob's feelings for each of them (16-18, 20-21, 30). While Jacob and Laban treated Rachel and Leah like property, who are these women in God's eyes? As you reflect on this text, ask the Lord to give you his vision for the characters.
- Describe Leah's early childbearing years (31-35). Meanwhile, what was going on with Rachel (30:1-8)? How did Leah cope with secondary infertility (9-13)? These sisters, understandably so, seemed constantly envious of one another. What healing could they have sought from the Lord? How might he want to impart some of this to you today? Take a moment now to receive it.
- How did Leah's envy of Rachel once again manifest (14-16)? What happened next for Leah (17-21)? What about Rachel (22-24)? Imagine the rest of these women's lives together; how might they have continued to feel the diminishing effect of envy?

Day Two: Genesis 37

- Set the scene of this text (1-2). Who was tending the flocks (2)? What did Joseph say to his father about these two brothers (2)? Why do you think he did this? Describe Jacob's relationship with Joseph (3). Note Joseph's brothers' perception of it (4).
- Summarize Joseph's dreams, along with his family's response to them (5-11). Why did Joseph share about his dreams? What character flaws do you suspect may have prompted him to do so?
- What did Jacob dispatch Joseph to do (12-14)? Describe Joseph's encounter with his brothers (14-24). How did he become a slave (25-28, 36)? What was Rueben's role (21-22, 29-30)? How was Jacob deceived (31-33)? Describe his grief (34-35).
- Joseph's brothers struggled with envy just as their mothers did in chapters 29-30. Consider whether this generational sin is lurking within sibling dynamics of your own family? Ask God to transform each family member via a profound experience of his love.

Day Three: Psalm 103

- What is David telling to praise the Lord (1-2)? What do you think about directing your soul like this? Take a moment and give it a try. On an individual level, why is God worthy of praise (3-5)? What about on a corporate level (6-7, 19)? What happens when we in our sin encounter the Lord's compassion and grace (8-12)? Which of these many reasons to praise God speaks most to your heart? Tell the Lord why. What response do you sense?
- David then focuses specifically on those who fear God. Describe their experience of the Lord's compassion (13-17). Meditate on verse 17. What does God's love being from "everlasting to everlasting" mean to you, and how can it help overcome envy?
- Besides his soul, what else does David tell to praise the Lord (20-22)? Imagine the angels and all creation worshipping like this. Add your own voice, expressing gratitude for all the gifts God's given you. Make this a regular practice, especially when envy strikes.

Day Four: Zephaniah 3:14-17

- Who is told to sing, shout and rejoice (14)? How ought they feel (14)? Why (15)? Do you count yourself among this group? If not, ask the Holy Spirit to testify to your heart that

you are one of God's beloved family members. Wait in silence for a few minutes, letting his message of love wash over you.

- Meditate on the end of verse 15: "never again will you fear any harm." Reflect on how this may apply to the sin of envy: it harms because it blinds, leaves us feeling inadequate and makes us want to tear others down. Repent of any envy and ask the Lord to free you from its harmful effects.
- What will God do "on that day" (16-17)? What do you think "on that day" means? Carefully picture God as a mighty warrior. Next, picture him as your mother, singing to you as a newborn baby in her arms. Pray that God's multi-dimensional love would always be a refuge for you, a place to be freed from envy and other sin.

Day Five: John 12:9-19

- Why did a crowd gather (9)? What do you think they were hoping would happen? Meanwhile, what did the chief priests plan (10-11)? Upon realizing that Jesus was the leader they'd never be, they succumbed to furious envy. What is a better way to respond to another's success? Pray for grace to walk this path instead.
- What did the crowd do as Jesus entered Jerusalem (12-13)? What prophecy did he fulfill (14-15)? What did his disciples initially not understand (16)? Instead of awaiting the benefit of hindsight, ask God to open your eyes to what he's doing in the moment. How do you think this can help keep darkness such as envy at bay?
- What did the crowd go on to do (17)? What ripple effect did this cause (18)? What did the religious leaders make of all of this (19)? Again, pray you would not respond to another's fortune in this manner. Also pray this for any loved ones who struggle with envy.