



CG Notes – You're not the boss of me - Week 3 - ENVY

Welcome - when was the last time you saw a photo on social media that, if you're honest, made you a little envious? Be real here!!!

Who uses social media? What are the upsides and what are the downsides?

Word - This week we are looking at the emotion of envy or jealousy. Think of a time when envy got a hold of you, what was it like? Read the passage of scripture we looked at Sunday... Ecclesiastes 4 v. 4-6.

- What does it actually say?
- How can we apply this to our modern lives?
- What can envy do if we let it become the boss of us?
- Why is envy such an ugly emotion at times?
- Why is gratitude so important?
- How can we cultivate gratitude more in our own lives?

Finish with the 3 questions posed on Sunday....ask people to reflect on their own then come back together for a time of prayer and listening to God....

1. In what areas are you most inclined to chase the wind?2.
2. Are you competing internally with anyone? Parent? Sibling? Friend? Colleague?
3. Memorise Ecclesiastes 4 v 16 "Better one handful with tranquility than two handfuls with toil and chasing after the wind"

Finish by praying for one another....
Pray for Alpha that has recently begun....
Pray for our church in Durres, Albania....