

II

REMOVING

ENVY



WEEK 2

WEEK TWO

# Envy / Gratitude

## READ

Psalm 100

## DISCUSS

What do these verses tell us about who the Lord is and what the Lord has done? What actions does the psalmist tell us to take? What is a situation you have faced in the past week that has made it hard to be grateful or to praise God?

## ACT

Many scholars and psychologists have written about personal and emotional benefits of keeping a Gratitude Journal. Why not try it for the next seven days? At the end of the week, make a note of the changes you have experienced. Do you have more peace and positivity? Has it improved your relationships with others?

## LEARN MORE

Consider watching the TED Talk “How Gratitude Rewires Your Brain” by Christina Costa.