

HELPFUL HINTS FOR ATTACKING ENVY

The Bible teaches that I am my brother's keeper. Therefore, I am to be led by the Holy Spirit, not by my own self love, and help my brother take his next step toward the Lord. Envy prevents me from doing this. Envy stops me from listening to the Lord and entices me to stop the progress of another.

I need to consciously choose to practice charity, which is beyond simply being nice, at all times. Whenever envy fools me and causes me to look at my needs or my wounds, I can no longer be the intercessor or draw deeper into transforming union. Envy stops my listening to the Father.

To help me resist envy, I can. . .

-Embrace charity by:

- *choosing to reflect on the good qualities in others, especially those I feel envious of, and often reflecting on the opposite qualities in myself;
- *praising others whenever appropriate and choosing to give credit where credit is due;
- *choosing to be sympathetic towards those who are struggling and making mistakes;
- *avoiding judging by choosing to excuse any faults or improper actions of others;
- *being aware of my own poverty, desiring mercy for others as much as I desire it for me;
- *training myself to put others and their needs before my own needs;
- *choosing to think charitably of others by keeping envious and judgmental thoughts and words in check, replacing them with charitable thoughts and words;
- *learning and choosing to think kindly as charitable thoughts lead to charitable deeds;
- *learning and striving to be charitable in thought, word, and deed;
- *choosing to be loyal to my family and community;
- *immediately catching myself whenever I am feeling envious and immediately stopping the thought process and choosing to focus on God and His honor and glory;
- *choosing to speak well of those of whom I am envious;
- *abandoning myself to the providence of God for all my cares and needs;
- *focusing on my own duties regarding prayer, obedience, mortification, and humility rather than judging others, especially in these areas;
- *praying for God to fill me with the grace of perfect charity so I can focus not on what's fair, but on what is best for my neighbor; and
- *praying for God to fill me with compassion when a lost sheep goes off, not judgmental thoughts.

-Embrace gratitude by:

- *thanking God for whatever good is done regardless of who has done it;
- *choosing to give credit for the spirit and love behind the work and effort of others and focusing less on how the work was done and whether it was done to my satisfaction;
- *choosing to rejoice in another's progress and advancement;
- *appreciating the unique talents, abilities, and spirituality of each person;
- *attending to my own duties and being comfortable being who God has created me to be; and
- *becoming comfortable with the unique mission that God has given me and each other person.

-Make prayer a priority by:

- *spending time with the Lord each day and letting Him love me, which will decrease my temptation to be envious of others;
- *choosing to pray for those I am envious of and allowing the Lord to fill me with His love for them;
- *journaling out my feelings with the Lord and letting Him show me what He sees in those I feel envious towards; and
- *realizing that envy is a sign that something is amiss in my heart and in my relationship with the Lord. Ask the Lord to show you what is not right in your heart.

-Think reasonably by:

- *asking the Lord to show you what He sees when He looks at me;
- *contemplating Job's statement, "Naked I came forth from my mother's womb, and naked shall I go back again" Job 1:21); and
- *looking at others less fortunate than myself, and then considering those who have more than I do and have what I want. Spend time contemplating what is God's will for me and my life.

I end this prayer experience thanking God for the conflicts and struggles in my life. Truly these experiences can bring forth much growth within me while drawing me closer into relationship with the Father and my brothers and sisters in Christ.