

Measured Warrior Field Manual Worksheet

Enemy Weapon: Envy—The Battle for Gratitude

Name:

Date:

Opening Reflection

Envy is one of Satan's quietest and most deceptive weapons. It rarely announces itself openly. Instead, it whispers that someone else's blessings should have been ours. Left unchecked, envy steals joy, poisons relationships, and causes us to question God's goodness.

The Measured Warrior learns that the cure for envy is not acquiring more—it is becoming more grateful. As you study God's Word today, ask Him to reveal any hidden comparison, resentment, or dissatisfaction and replace it with a heart of gratitude.

Prayer Before You Begin

Lord Jesus, search my heart. Reveal any envy that keeps me from trusting Your goodness. Teach me to celebrate the blessings of others and to become content with all You have entrusted to me. Form in me the grateful heart of a Measured Warrior. Amen.

Study 1: Understanding the Weapon

Read

- Exodus 20:17
- Proverbs 14:30
- James 3:14–16

Study Questions

1. How does the Bible describe envy?

2. According to Proverbs 14:30, what effect does envy have on a person's life?

3. Why do you think envy often begins with comparison?

Personal Reflection

Where have I recently found myself comparing my life to someone else's?

Study 2: The Enemy's Strategy

Read

- Genesis 3:1–6
- James 3:13–18
- Galatians 5:19–21

Study Questions

1. What lies does Satan use to create dissatisfaction?

2. How does envy affect relationships?

3. What are the long-term consequences of allowing envy to grow?

Personal Reflection

How has comparison distracted me from God's calling for my life?

Study 3: Biblical Battle

Read

- Genesis 4:1–16 (Cain and Abel)

Study Questions

1. What warning did God give Cain before he sinned?

2. What choices did Cain make after receiving God's warning?

3. How did envy eventually affect Cain's relationship with God and with his brother?

Personal Reflection

Have I ever ignored God's conviction over attitudes that seemed "small" at first?

Study 4: The Warrior's Habit

Measured Gratitude

Read

- Philippians 4:11–13
- James 1:17
- Hebrews 13:5

Study Questions

1. What does biblical contentment look like?

2. Why is gratitude one of the strongest defenses against envy?

3. What blessings has God already entrusted to me that I sometimes overlook?

Personal Reflection

List five blessings God has given you.

1.

2.

3.

4.

5.

Study 5: Following Christ's Example

Read

- Philippians 2:3–11
- John 13:1–17
- Luke 15:25–32 (The Older Brother)

Study Questions

1. How did Jesus demonstrate humility instead of comparison?

2. What attitude did the older brother reveal toward his younger brother?

3. How does following Jesus change the way we celebrate the success of others?

Personal Reflection

Who is one person I need to genuinely celebrate, encourage, or pray for this week?

Warrior Action Plan

This week I will intentionally:

- ☐ Thank God daily for five blessings.
- ☐ Refuse to compare myself to others.
- ☐ Pray for someone I admire.
- ☐ Celebrate another person's success.
- ☐ Encourage someone without expecting recognition.
- ☐ Memorize this week's Scripture.

My Personal Battle Plan

SWORD of the SPIRIT: Memory Verses

James 3:16

"For where jealousy and selfish ambition exist, there is disorder and every vile practice."

Proverbs 14:30

"A tranquil heart gives life to the flesh, but envy makes the bones rot."

Philippians 4:11

"I have learned in whatever situation I am to be content."

Formation Question

When someone else succeeds, what does my first response reveal about the condition of my heart?

Closing Prayer

Heavenly Father,

Thank You for every good gift You have placed in my life.

Forgive me for the times I have compared myself to others instead of trusting Your perfect wisdom.

Replace every seed of envy with gratitude.

Teach me to rejoice in the victories of others, to faithfully steward the blessings You have entrusted to me, and to find my deepest satisfaction in Christ alone.

Shape my heart into that of a Measured Warrior who walks in humility, gratitude, and love.

In Jesus' name,

Amen.

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