

Super Food: Vanity Fair

By Eric Farmer, September 04, 2022

A heart at peace gives life to the body, but envy rots the bones.
Proverbs 14:30(NIV)

Then I saw that all toil and all skill in work come from a man's envy of his neighbour. This also is vanity and a striving after wind. The fool folds his hands and eats his own flesh. Better is a handful of quietness than two hands full of toil and a striving after wind. Again, I saw vanity under the sun: one person who has no other, either son or brother, yet there is no end to all his toil, and his eyes are never satisfied with riches, so that he never asks, "For whom am I toiling and depriving myself of pleasure?" This also is vanity and an unhappy business.
Ecclesiastes 4:4-8

REFLECTION QUESTIONS

1. When envy enters your thoughts, what does it uniquely expose about your heart?
2. What verse or truth helps you lean into the contentment of God?