

# ENVY: THE ENEMY OF LOVE

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November 9, 2013

*Envy: Wanting everyone else [to be] as unsuccessful as you are.*

-Frederick Buechner

## I. Faces of Envy

## II. Definitions

*“sorrow over another’s good as excelling my own”* -Thomas Aquinas

*“begrudging God’s gifts to others”* -Augustine

## III. Envy & Identity

A comparative basis of self-worth

Yes, it’s personal

## IV. A Paradigm Shift

*“The Christian’s self-understanding is that she is precious before God—however much a sinner, however much a failure (or success) she may be by the standards of worldly comparisons—and that every other person she meets has the same status...*

*[T]his vision is not only one that levels every distinction by which egos seek...glory.... This vision, when appropriated, is also the ultimate ground of self-confidence.*

*For the message is that God loves me for myself—not for anything I have achieved, not for my beauty or intelligence or righteousness or for any other ‘qualification,’ but simply in the way that a good mother loves the fruit of her womb.*

*If I can get that into my head—or better, into my heart—then I won’t be grasping desperately for self-esteem at the expense of others, and cutting myself off from my proper destiny, which is spiritual fellowship with them.”*

-Robert C. Roberts

## V. Practices of Resistance

Dwell in the presence

Practice gratitude

Seek common goods

Remember your calling

*“Know that you are dearly beloved”*