



Week #9: Do Not Covet

"You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor."

Exodus 20:17 (NIV)

1. What is Coveting?

For I would not have known what coveting really was if the law had not said, "You shall not covet."

Romans 7:7 (NIV)

- Covet: an inordinate or inappropriate desire for something that belongs to another.

2. Why is Coveting So Dangerous?

But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting.

Romans 7:8 (NIV)

- Coveting is dangerous because it hides in the heart, quietly distorts our desires, and leads us into deeper sin.

3. How Can We Overcome Coveting?

For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Romans 7:18 (NIV)

Practical Steps to Recenter Our Hearts:

- Practice _____.
- Learn _____ in Christ.

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Philippians 4:11–13 (NIV)

- Fight envy with _____.
- Redirect your desires through _____.

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

Romans 8:1-4 (NIV)

- Free people live _____!

Discussion Questions

1. Why do you think God included a commandment about desire, not just outward actions?
2. How can you recognize coveting in your heart and address it early?
3. How does Philippians 4:11-13 help you live well in the gap between what you have and what you want?
4. How can remembering God's story in your life protect you from envy or comparison?

Recommended Resources

- [Envy: A Big Problem You Didn't Know You Had by Mike Fabarez](#)
- [The Envy of Eve: Finding Contentment in a Covetous World by Melissa Kruger](#)
- [How to Be Content in a Covetous World by Megan Hill](#)
- [You Shall Not Covet by Jason Helopoulos](#)

Week #9: Do Not Covet - **FILL**

“You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”

Exodus 20:17 (NIV)

1. What is Coveting?

For I would not have known what coveting really was if the law had not said, “You shall not covet.”

Romans 7:7 (NIV)

- Covet: an inordinate or inappropriate desire for something that belongs to another.

2. Why is Coveting So Dangerous?

But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting.

Romans 7:8 (NIV)

- Coveting is dangerous because it hides in the heart, quietly distorts our desires, and leads us into deeper sin.

3. How Can We Overcome Coveting?

For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Romans 7:18 (NIV)

Practical Steps to Recenter Our Hearts:

- Practice gratitude.
- Learn contentment in Christ.

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Philippians 4:11–13 (NIV)

- Fight envy with generosity.
- Redirect your desires through worship.

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

Romans 8:1-4 (NIV)

- Free people live free in Christ!

Discussion Questions

1. Why do you think God included a commandment about desire, not just outward actions?
2. How can you recognize coveting in your heart and address it early?
3. How does Philippians 4:11-13 help you live well in the gap between what you have and what you want?
4. How can remembering God's story in your life protect you from envy or comparison?

Recommended Resources

- [Envy: A Big Problem You Didn't Know You Had by Mike Fabarez](#)
- [The Envy of Eve: Finding Contentment in a Covetous World by Melissa Kruger](#)
- [How to Be Content in a Covetous World by Megan Hill](#)
- [You Shall Not Covet by Jason Helopoulos](#)

(NIV) New International Version