

**RELATED SCRIPTURE PASSAGES:**

**Covetousness and Greed:**  
Psalm 10:3;  
Hebrews 13:5;  
Ephesians 5:3;  
1 Timothy 6:9-10;  
2 Timothy 3:1-2

**Contentment:**  
Matthew 6:25-26; 32-33;  
Philippians 4:12-13;  
Hebrews 13:5;  
1 Timothy 6:6-7

**RELATED CATECHISM OF THE CATHOLIC CHURCH REFERENCES:**

**Coveting:**  
2535 -2538

**Envy:**  
2539-2540

**RELATED YOUCAT REFERENCES:**

**The 10th Commandment:**  
465-468

# COVET

## SYNOPSIS

Follow three people who struggle with being content and come to resolution through the realization of their inherent worth and God-given blessings.

## SUGGESTED USES FOR THIS VIDEO

✠ This film can be used to address struggles such as self-image, selfishness, ingratitude and discontentment. It can also be used in connection with a study of the beatitudes or the fruits of the spirit, or as part of an examination of conscience.

## QUESTIONS FOR DISCUSSION

1. Which person do you identify with the most? Why?
2. The first woman confessed that it seemed simple to be happy to be herself, but somehow it wasn't and she doesn't know why. Can you relate to that? Why do you think it's hard to be happy to be you?
3. How often do you compare yourself to someone else? Why do you do that?
4. How does it influence your choices? Your mood? Your relationships?
5. The man confessed that he is always looking for something better. Nothing is good enough. Can you relate to that? In what way?
6. What do you think causes us to always be searching for the next best thing?
7. When you get the next best thing, are you satisfied?
8. How often do you compare what you have with what others have?
9. How does it influence your choices? Your mood? Your relationships?
10. The second young woman confesses that she doesn't actively look to be discontent, but that the feeling sneaks up on her. Can you relate to that?

11. She says that so much around us is meant to make us feel like we're lacking something. Do you agree? Can you give an example of this?
12. Have you ever tried to ignore the feelings and be happy? What happens?
13. She says she it seems like being discontent is saying thanks but no thanks to God. "I'll find something better than what you've blessed me with." Do you agree? Why or why not?
14. Reflect on the following statements made by each person in the film:  
*"If I understood that I am beautiful because I am unique, I'm beautiful because I'm me and created exactly this way, then I wouldn't need to compare myself."*  
*"If I understand that what has been given to me is a gift that I don't deserve instead of some right for being born where I am, then I would look at everything differently."*  
*"If we knew how uniquely we were made, how special each one of our lives was, I don't think we would covet anything. I think we would just be very grateful for every little detail of our lives."*  
Which one speaks to you the most? Why?
15. What does all this have to do with coveting?
16. What do you covet?
17. Why do you covet?
18. How does God fit into all of this?
19. What does he say about us? About you personally?
20. Have you ever asked God to help you see what he sees when he looks at you? What do you think you would hear?
21. Why is God's view of you so important?
22. What might change in your life if you chose to believe what God says about you?

23. The second young woman quoted Psalm 139 and Jeremiah 1. Here are the verses in full:

*"For you formed my inward parts; you wove me in my mother's womb. I will give thanks to you, for I am fearfully and wonderfully made..."*

– Psalm 139: 13-14

*"Before I formed you in the womb I knew you, before you were born I set you apart..."*

– Jeremiah 1:5

How does this influence your opinion of yourself? Your life? Your circumstances? Your future?

24. The man said,

*"If I believe that God is in control, then I should be able to believe that I have everything I need and I'm exactly where I should be."*

Do you believe God is in control? Do you trust that God has your best in mind? If so, how can that influence your thinking? If not, why not and how does that influence your thinking?

