

The Battle for Our Emotions **“Envy & Jealousy”**

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What area of your life do you struggle with envy & jealousy the most (possessions, position, friendships, etc)? Is there a relationship in your life that has been ruined because of this? What can you do to mend the relationship?
2. What steps do you need to take to break the habit of envy & jealousy?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Galatians 5:19-26

Thought:

Tuesday – Psalm 73

Thought:

Wednesday – Psalm 37:1-9

Thought:

Thursday – Genesis 5:5-8

Thought:

Friday – Luke 15:25-32

Thought:

Saturday – Psalm 139:13-16

Sunday – *“Inferiority & Self-Esteem”*

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How to keep from becoming an emotional wreck!



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Galatians 5:19-26; Psalm 73; Psalm 37:1-9

I. Three questions to be answered

- A. What is it?
- B. Where does it come from?
- C. How do we deal with it?

II. Definitions

- A. **Envy** (Greek word = “phthonos”) – A strong displeasure over the advantages or prosperity of others.
- B. **Jealousy** (Greek word = “zelos”) – Zeal, indignation, emulations. Webster’s – an unhappy or angry feeling of wanting to have what someone else has.

III. Biblical examples

- A. Cain & Abel – Genesis 5:5-8
- B. Sarah & Hagar – Genesis 16:5
- C. Joseph’s brothers – Genesis 37:4-11, 18-28
- D. Saul & David – 1 Samuel 18:8-30, 19:8-24, 20:24-34
- E. Older brother of the Prodigal’s son – Luke 15:25-32
- F. Psalm 73 - Asaph

IV. Where does it come from? – Galatians 5:19

- A. The sinful nature – we all have to deal with it.
- B. A process that can develop by habit
 - 1. Covet – want something we do not have
 - 2. Jealousy – unhappy or angry that someone has what I covet
 - 3. Envy – strong displeasure over the advantage or prosperity of others
 - 4. Self pity – “poor me”
 - 5. Anger – settled condition of the mind

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- 6. Bitterness – “poison of the soul”
- 7. Depression – despair, hopelessness

V. How to deal with envy & jealousy? – Psalm 37:1-9

- A. Recognize selfish motives – envy, jealousy – 1
- B. Focus on what God wants not what we want – 4
- C. Do what is right not what we feel like doing – 3, 27
- D. Trust God to handle what we cannot, including revenge – 5-6
- E. Step back, calm down & wait patiently for God to act – 7, 34
- F. Control the anger, don’t let anger control us – 8-9, 35-40

NOTES