

Breaking Free – The Seven Deadly Sins

It's Not easy Being Green

Take Home Handout

ENVY

"If we are living now by the Spirit's power, let us follow the Holy Spirit's leading in every part of our lives. Then we won't need to look for honors and popularity, which lead to envy and hard feelings." Galatians 5:25-26 (LB)

"ENVY"

_____ God's goodness in other's lives.

_____ God's goodness in my own life.

WHY SHOULD I AVOID IT?

* **It Causes** _____

"What causes fights and quarrels among you? Don't they come from your desires that battle within you?" James 4:1

* **It Leads** _____

"For where you find envy ... there you find disorder and every evil practice." James 3:16

Also see: Galatians 5:19-21, Mark 15:10

* **It Makes** _____

"A heart at peace gives life to the body, but envy rots the bones!" Proverbs 14:30

FIVE WAYS TO OVERCOME ENVY:

1. **Resist** _____

"We do not dare classify or compare ourselves... (it)is not wise." 2 Corinthians 10:12

"Let everyone be sure to do his very best, for then he will have the personal satisfaction of work done well, and won't need to compare himself with someone else." Galatians 6:4 (LB)

2. Recognize _____

"You (God) created every part of me; you put me together in my mother's womb." Psalm 139:13 (GN)

"You saw me before I was born and scheduled every day of my life before I began to breathe." Psalm 139:15 (LB)

3. Rejoice _____

"It is better to be satisfied with what you have than to be always wanting something else." Ecclesiastes 6:9 (GN)

"And I saw that all labor and all achievement spring from man's envy of his neighbor. This too is meaningless, a chasing after the wind." Ecclesiastes 4:4

"I have learned to be content whatever the circumstances." Philippians 4:11

4. Respond _____

"Love does not envy." 1 Corinthians 13:4

"Love your neighbor as yourself." Matthew 22:39

"Rejoice with those who rejoice; weep with those who weep." Romans 12:15

5. Refocus _____

"Set your mind on things above, not on earthly things." Colossians 3:2

"Don't be envious of sinful people; let reverence for the Lord be the concern of your life. If it is, you have a bright future." Proverbs 23:17 (GN)