

UNCLOGGING YOUR HEART FROM JEALOUSY

Spiritual Heart Check

“Above all else, guard your heart, for it affects everything you do.”

Proverbs 4:23

JEALOUSY: “GOD OWES ME”

Resenting God’s goodness in other’s lives. And ignoring God’s goodness in my own life.

Things we are Jealous about: People’s...

Possessions
Power

Popularity
Position

Privilege
Physical Appearance

I. HOW JEALOUSY RUINS RELATIONSHIPS

• **IT CAUSES CONFLICT**

“... You are jealous [for] what others have, [and you can’t possess it], so you fight and [quarrel] to take it away from them...”

James 4:2 (NLT)

• **IT DESTROYS HEALTH**

“A tranquil heart makes for a healthy body, but jealousy is like bone cancer.” Proverbs 14:30 (GW)

“... the reason people work hard and try to succeed: They are jealous of each other...” Ecclesiastes 4:4 (NCV)

• **IT LEADS OTHER SINS**

“Where jealousy and selfishness are, there will be confusion and every kind of evil.” James 3:16 (NCV)

THE STARTING POINT: ADMIT IT!

“But if at heart you have the bitterness of jealousy, or selfish ambition, don’t be boastful or hide the truth with lies.” James 3:14 (NJB)

II. THE CURE FOR A JEALOUS HEART - **CELEBRATE OTHERS**

“Continue to love each other with true Christian love ... be satisfied with what you have. For God has said, ‘I will never fail you. I will never forsake you.’” Hebrews 13:1; 5-6

HOW TO CELEBRATE OTHERS

1. **RECOGNIZE MY UNIQUENESS**

“You (God) created every part of me; you put me together in my mother’s womb ... You saw me before I was born and scheduled every day of my life before I began to breathe.”

Psalm 139:13; 15-16 (GNT; TLB)

2. **RESIST COMPARING MYSELF TO OTHERS**

“Each one should test his own actions. Then [he] can take pride in [himself], without comparing [himself] to somebody else.”

Galatians 6:4 (NIV)

3. **REJOICE IN WHAT I HAVE**

“Give thanks in all circumstances...” 1 Thessalonians 5:18 (NIV)

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

“Rejoice with those who rejoice; weep with those who weep.”

Romans 12:15 (ESV; NIV)

“Love is not jealous.” 1 Corinthians 13:4b (NCV)

4. **RELAX IN GOD’S SOVEREIGNTY**

“Don’t be jealous of those who do wrong, because like the grass, they will soon dry up... Trust the LORD and do good.” Psalm 37:1-3 (NCV)

Eternal truths we need to remind ourselves:

- God is in **IN CONTROL**
- God is **ALWAYS LOVING & FAIR**.
- God **KNOWS** what is **BEST** for **ME**.

5. **REFOCUS GOD’S PLAN FOR ME**

“Turn me away from wanting any other plan than yours...” Psalm 119:37 (TLB)

“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 (GNT)

