

## Envy

Envy is the tendency to evaluate one's own well being comparatively to others; and to perceive self lacking while wishing a perceived rival to be deprived of their good fortune.

The trouble with envy is that precious time & resources are wasted on injuring one's rival, when effort should be focused on improving one's own destiny.

Envy says, "God owes me!" What he's given to another he could have given to me.

### James 4:1-2

- Envy believes that I cannot be happy without your cooperation. You must do what I want before I can be happy.
- Solution = ask God—**James 4:2-3**

### Solution: 7 Contrary Virtues = KINDNESS

**Psalm 37:27, Romans 12:15, Philippians 2:1-5**

#### Acts of Kindness

- Bake someone cookies.
- Mow someone's yard.
- Give away your parking spot.
- Eat local.
- Be kind to checkers, servers, etc.
- Give genuine compliments.
- When everyone else is being critical & gossiping, say something nice about that person.
- Don't interrupt when someone else is speaking.
- Cut people some slack.
- Make life less about you and more about others. The result will be a life filled with more acts of kindness and less ENVY.

The solution to our sin and identity problems is found in **Galatians 5:16, "I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh."**

#### Confession

I will walk in the Spirit and will not fulfill the lusts of my flesh. I was crucified with Christ. I was buried with him in baptism. I was raised to new life. Now I walk in the newness of life. I am no longer a slave to sin. I am free from sin. I am alive to God. I am more than a conqueror in Christ Jesus. In Christ I have victory and freedom.