

When Envy and Jealousy Are Your Excessive Baggage

Jealousy and envy are connected feelings that can be depressing. While jealousy is the fear of losing something you value to someone else, envy is the emotion of wanting something that someone else has.

What is Jealous and Envy?

- Most people use the words “jealousy” and “envy” interchangeably; the words are similar, but they are *not* the same
 - Jealousy is all about holding onto what you have
- Envy - the emotion when you want something that someone else has.
 - It’s the desire to have the blessings, success, recognition, ability, or favor that belongs to someone else.
- Begrudging someone else's blessings, success, notoriety, skill, or favor is another way to express envy.
- You may be so consumed by envy that you will stop at nothing to have what someone else has.
- Envy is the opposite of gratitude
- Envy and jealousy stem from selfish and immature aspirations.
1 Corinthians 3:3 (KJV) For ye are yet carnal: for whereas there is among you envying, and strife, and divisions, are ye not carnal, and walk as men?
- Jealousy is typically related to *relationships* while envy generally is related to *wanting what someone else has or achieved*

What Can Make Us Jealous and Envious?

- We can become jealous and or envious over the:
Property and material things of others Genesis 26:13-14 (KJV) And the man waxed great, and went forward, and grew until he became very great: ¹⁴ For he had possession of flocks, and possession of herds, and great store of servants: and the Philistines envied him.

- Isaac became wealthy from *hard work*, farming, and raising livestock
- Isaac’s wealth caused the Philistines to envy him
- We can become envious when *others have what we don’t have or have more than what we do have*
- We are envious of what others have, not what they honestly did to get it

Jealous of the Power, position, authority, and control a person has

- We can be jealous of the position, the power, and the authority of other people
- Jealousy will show up at work; a manager has a larger staff than yours
- Jealousy and envy will also show up at church, *who* is in charge of a given ministry, *who* gets the most attention from the congregation, *who* seems to

- always be out front, who is the spokesperson, *who* has the most members, etc.
- We can resent the amount of power, recognition, and influence someone has because we think we also deserve it as well **Numbers 12: 2 (KJV) *And they said, Hath the LORD indeed spoken only by Moses? hath he not spoken also by us? And the LORD heard it.***
 - Moses was the spiritual leader of the Israelites, but Miriam and Aaron were spiritual leaders as well
 - Miriam and Aaron were jealous of Moses because they were not being “recognized and honored” like Moses

Jealous and Envious of the Favor of Others

Genesis 37:3-4 (KJV) “Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours. And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him. Genesis 37:11 (KJV) 11 And his brethren envied him; ...”

- Joseph was the favorite son of Jacob
- Jacob made Joseph a coat of many colors
- Joseph supervised his older brothers in the fields but was less experienced
- Joseph’s brothers were so envious of Joseph that they plotted to get rid of Joseph *and* his coat of many colors

Jealous of the Success and Accomplishments of Others

1 Samuel 18:7-11 (KJV) ⁷ And the women answered one another as they played, and said, Saul hath slain his thousands, and David his ten thousands. ⁸ And Saul was very wroth, and the saying displeased him; and he said, They have ascribed unto David ten thousands, and to me they have ascribed but thousands: and what can he have more but the kingdom? ⁹ And Saul eyed David from that day and forward. ¹⁰ And it came to pass on the morrow, that the evil spirit from God came upon Saul, and he prophesied in the midst of the house: and David played with his hand, as at other times: and there was a javelin in Saul's hand. ¹¹ And Saul cast the javelin; for he said, I will smite David even to the wall with it. And David avoided out of his presence twice.

- Saul didn’t have any problems with David *until* he killed Goliath
- People began to sing Saul killed his “thousands”, but David killed *tens of thousands*
- Saul became jealous of David because people were talking about David and his success more than Saul’s
- Saul became so jealous that he spent the rest of his life trying to kill David
- Jealousy can cause you to forget your *true* assignment

Envious of Spiritual Gifts and Abilities of Others

Philippians 1:15-16 (KJV) ¹⁵ Some indeed preach Christ even of envy and strife; and

some also of good will: ¹⁶ The one preach Christ of contention, not sincerely, supposing to add affliction to my bonds:¹⁸ What then? notwithstanding, every way, whether in pretence, or in truth, Christ is preached; and I therein do rejoice, yea, and will rejoice.

- When Paul was imprisoned for preaching the gospel, others viewed it as an opportunity to become the new “number one” preacher in town
- They wanted to fill the “vacancy” left by Paul
- Paul’s response was regardless of their motivation, “as long as the gospel is preached,” he rejoiced
- Envy if we allow it can cause you to want to “take over” what others are doing not because its where you need to be, or that you have that gifting; you just want to be in the limelight
- Beware of envy because it will potentially place you in places and situations where you are not called or anointed to be

The Impact of Jealousy and Envy

Jealousy and envy destroy others

- Jealousy and envy not dealt with can move us to act against the people we are jealous and envious of
- People overcome with jealousy and envy are capable of doing incredible and unthinkable things to other people
- We can get so jealous that we will say something that is not true and ruin someone’s reputation so that we can take their place
- We can be so envious that we can destroy the thing we desire so *no one* will benefit from it
- We must cast out the spirit of jealousy and envy before our *ungodly thoughts* turn into *ungodly actions*

Jealousy and envy will destroy you

- Not only does jealousy and envy cause us to potentially damage property, reputations and lives of other people, it can also ruin our life as well
 - We can become so consumed with getting what someone else has or protecting our turf that we may do almost anything
- We run the risk of falling into the trap we set for someone else
 - Jealousy and envy doesn’t just hurt others, it hurts you more than you think it hurts them **Proverbs 14:30 (KJV) ³⁰ A sound heart is the life of the flesh: but envy the rottenness of the bones.**

How to Overcome Jealousy and Envy

Repent of the Feelings of Jealousy and Envy

- Overcoming jealousy and envy starts by calling it what it is, *sin*
- Deliverance from jealousy and envy is linked to the humility to repent of it
- We not only need to have the humility to call jealousy and envy sin, but we must also want to please God so much that we repent of this sin
- When you have the humility to call jealousy and envy a sin, and realize that it

- displeases God, you will repent and will destroy the spirit of jealousy and envy
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Celebrate and Pray for the Success of Others

- Thank God for how He has blessed their lives with positions, recognition, accomplishments, and possessions
- Pray for their continued success
- To be able to pray for someone you've been jealous or envious of is a great step in your spiritual maturity
- When you can pray for, celebrate, and be in the presence of a person you used to be jealous of and not be jealous or envious; it's a sign that God is maturing you in this area

Practice Thankfulness

- To overcome jealousy and envy from your life, take a personal inventory of the blessings God has given to you
- We can spend too much time looking at and longing for the material things, the accomplishments, the notoriety, etc. of others and not realize and appreciate the fact that God has been good to us
- Realize that whatever we have, however we have been gifted, and whatever praise we receive from others is more than we deserve
- When we take the time really see how blessed we are, we will discover we have been blessed beyond what we deserve and more than what we need
- Find your pleasure and contentment in the Lord and what He has done for you, not by comparing yourself to other people **Psalms 37:7 (KJV) Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way,**
- When you realize how much God has done for you, there is no time to be jealous or envious of what He has done for someone else

Stir up God's love in your heart

- When we have the love of God at work in our hearts, there is no room for envy and jealousy **1 Corinthians 13:4 (KJV) ⁴ Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,**
- When God's love is at work in us, we can celebrate what God is doing in another person's life; and it will not bother us

Allow what God is doing for others to inspire you

- God is doing great thing in the lives of people around, use it to inspire you, to motivate you to become all that God wants you have and become
- Instead investigate and model the traits that made success that you desire

Psalm 37:37 (KJV) 37 Mark the perfect man, and behold the upright: for the end of that man is peace.

- Be inspired to do and have great things and to honor God with your life