

Free in 2023 - Week 5 – Feb. 8, 2023

Theme for the year. Becoming better. **Free from Jealousy**

Happens to everyone. Men, women, & animals. All relationships.

Young children display it. “Mine”... jealous. Envy.

Love is not Jealous.

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.” **1 Cor. 13:4** New American Std & NLT - “It is not jealous”

Jealousy is like **cancer** to your body. **Prov. 14:30** - “A heart at peace gives life to the body, but envy rots the bones.” It will eat away at you!

Jealousy destroys us and relationships.

- Jealousy caused 1st murder – Cain killed younger bro Abel
- Jealousy with Jacob’s 2 wives: Leah & Rachel (barren)
- Jealousy destroyed a family – Jacob, Joseph & bros.
- Jealousy led to downfall of King Saul
 - o “You want what you don’t have, so you scheme and kill to get it. You are jealous of what others have, but you can’t get it, so you fight & wage war to take it away from them. Yet you don’t have what you want because you don’t ask God for it.” – **James 4:2**

God told Cain: “Sin is crouching at the door, eager to control you. You must subdue it.” – **Gen 4:7**

Jealousy keeps us from spiritual growth/maturity

“My friends, you are acting like the people of this world. That's why I could not speak to you as spiritual people. You are like babies as far as your faith in Christ is concerned. So I had to treat you like babies and feed you milk. You could not take solid food, and you still cannot, because you are not yet spiritual. You are jealous and argue with each other. This proves you are not spiritual and you are acting like the people of this world.” – **1 Cor. 3:1-3 C.E.V.**

Paul’s Fear – not a good church: “I am afraid that when I come, I may not find you as I wish, and you may not find me as you wish. I fear that there may be quarreling, jealousy, rage, rivalry, slander, gossip, arrogance, and disorder.” - **2 Cor. 12:20 Berean Std. Bible**

We have to **address jealousy** - not ignore it or cover it up:

James 3:14-17 – “But if you are bitterly jealous and there is selfish ambition in your heart, don’t cover up the truth with boasting and lying. For jealousy and selfishness are not God’s kind of wisdom. Such things are earthly, unspiritual, and demonic. For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind. But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere.”

Jealous – 1) *possessive*: other’s faithfulness; position, rights or possessions
2) feeling or showing *envy* of another’s achievements or advantages

All of our Jealousy stems from fear & low self-esteem.

She’s beautiful... I won’t be loved, I’m ugly.

He is really gifted... I can’t do anything.

Fix Jealousy? FEAR

F – Focus on the issue. Jealousy is a problem with our hearts.

E – Eliminate the negative. She’s good. Don’t go beyond that.

It’s **natural** to compare... be self-critical... those are human tendencies.

“She sings great.” He’s fast. He’s good at that...

But the **Enemy** takes us down another road: “I’m not good enough.”

“I don’t even need to try.” “I’m unlovable” **Stop the Negative!**

A – Admiration. Appreciate the good . . . gift/blessing. **Applaud** others

Insecure people don’t praise others.

Too many feel **inferior** – eliminate competition (Nancy Kerrigan, Tonya)
1994 Olympics, Lillehammer

R – Recognize you have value

1 Cor. 12. No division in the body. Its parts have equal importance.

God arranged the parts as He wanted them to be. Your gifts too.

Phil. 2:3 – “Don’t be jealous or proud, but be humble and consider others more important than yourselves.”

Stay positive. Test negative. **Song:** “My Worth Is Not in What I Own”