

**THEME: SEVEN DEADLY PASSIONS – JEALOUSY**

**TOPIC: HOW DO WE OVERCOME JEALOUSY?**

**TEXT: ROMANS 8:5-8, JAMES 3:13-16; 4:2-3; 1 CORINTHIANS 13:3-4;  
PHILIPPIANS 2:3**

## **INTRODUCTION**

We have already established how jealousy comes. It is not enough to know the problem, it is important to find the solution. If much of jealousy is because of a one-dimensional life that finds its value in how it is tied around other people and their victory, then the prescription for your wholesome life is as mentioned below:

- a. Firstly to **know that your own time will come** and stop measuring your destiny by somebody else's breakthrough.
- b. Secondly, **learn to be patient**. Patience is a powerful antidote against jealousy. It helps you to wait until your time comes so that you are not being covetous of what people have; you know that with time God will make His grace and purpose manifest in your life.
- c. Thirdly, **have faith**. When you walk by faith, it dispels the need for jealousy because your confidence is in the Lord and not in man. Learn to rejoice with those who do. True success is learning to celebrate those for whom it is happening and in the process enter in your own day of joy and favour.

## **HOW DO WE OVERCOME JEALOUSY?**

### **1. WAIT FOR YOUR SEASON.**

Hurry is the biggest problem of 21<sup>st</sup> century man. Everything is now done fast, but there are things you cannot accelerate and certainly a God-given breakthrough is one of them. *Ecclesiastes 3:1, Psalm 102:13.*

### **2. LOOK FOR YOUR AREA OF STRENGTH.**

Jealousy comes out of our own inability to handle what seems to be working for others: what they have, what they possess, their position, or privileges. We can find greater joy, strength and blessing in looking for our own area of strength and giving it our ultimate focus. *Philippians 4:13, Isaiah 40:29-31*

### **3. DISCOVER YOUR GREATNESS.**

Something about you is unique: there is a gifting you have, something marks you out as different. Discover it, explore it, until it opens up for you. *Romans 8:28*

### **4. STOP THE COMPARISON GAME.**

There are no two of your kind, if there were, one of you is unnecessary. Every time you compare yourself with others, you belittle God's destiny for your life and you lose sight of the fact that you are uniquely made. There has never been any of your kind and there shall not be after. *Romans 12:10*

### **5. KNOW THAT YOU HAVE NO COMPETITION.**

No one exists to compete against who you are, the word ugly is even wrong because using ugly as a word to describe you is only really appropriate if there are two of your kind to compare you

to. Beauty is in the eye of the beholder and therefore you are beautiful for who you are and need not be jealous of what others are. *Psalm 139:14-16*

To be challenged by them is okay; you can even find strength in telling them how challenged you are by their strength. But to want to be like them and to be unhappy about how they are is what jealousy is all about.

## **6. FIND YOUR POINT OF MOTIVATION.**

Some are motivated by title, position, money, recognition, etc. If it is possible let it be known to those who need to validate you know that what motivates you may be different from their point of focus. *2 Corinthians 12:9-10*

## **7. KNOW YOURSELF.**

Self-knowledge helps self-appreciation and compensation. If your strength and joy is in the variety of foods you like to eat, celebrate yourself with that and as you do you feel wholesome and not jealous of others. Let people know your source of upliftment. *1 Corinthians 15:10*

## **CONCLUSION**

Finally, let us rid ourselves of the toxins of worry. Let the Holy Spirit do a work of healing in you. Recognise that once you give Him His proper place and you begin to meditate on the things of God, you will enjoy a happier life, a richer Christian life, a longer life. You will enjoy God's covenant blessing and no matter what you see around you, you will say, like the song writer: 'I shall not be moved, just like a tree that is planted by the waters, I shall not be moved. When I go through trials, I shall not be moved, anchored in my saviour, I shall not be moved.'