

18 Days on  
**JEALOUSY / ENVY**



...the patriarchs were *jealous* of Joseph... Acts 7:9

**Day 1:** Using a thesaurus or dictionary, do a word study of the word *jealousy*. List synonyms / antonyms / definitions.

Which words in your study are more intense? Which would incite other emotions, good or bad? Which touch an area of your life you may not have been aware of?

**Day 2:** Are *jealousy* and *covetousness* synonymous? Do statements like “I covet your prayers” have negative connotations? What emotions are generally aroused with *jealousy*, *envy*, *covetousness*?

Read Mark 7:15-23. What makes emotions two-sided? Jealousy is not bad in itself, but what causes the emotion to become dark and sinful, according to Jesus?

**Day 3:** In Joshua 7:1-26 summarize Achan’s demise brought on by his covetousness.

**Day 4:** Read the following descriptive verses to understand what *jealousy* looks and feels like:

- Proverbs 14:30
- Proverbs 27:4
- Song of Solomon 8:6

**Day 5:** What can cause jealousy? Read these Biblical accounts and record your findings. Record anything that stands out to you in these passages.

- Proverbs 24:1-2
- Exodus 20:17
- Micah 2:2
- Deuteronomy 7:25
- Ezekiel 8:1-5

**Day 6:** Who can become jealous? Read the following passages and record your answer. List other sins which are linked to each incident, if any.

- 1 Samuel 18:1-16
- Deuteronomy 32:16
- 1 Corinthians 10:18-22
- James 4:4-5
- Acts 5:12-20

**Day 7:** Read Genesis 29:31-30:1-23 and create a timeline or outline of the events in the story. How did jealousy play a part in the relationship of these two sisters?

**Day 8:** What causes God to become jealous? Record your findings in these verses below:

- Isaiah 54:5; Ezekiel 23:37-39
- Exodus 34:14
- Joel 2:18; Zechariah 8:2
- Psalm 79:5-7
- Malachi 3:7

**Day 9:** What can you learn from these passages about the character of God?

- Deuteronomy 32:21
- Nahum 1:2-3
- Exodus 20: 4-6
- Ezekiel 36:6; 16:42-43
- Ezekiel 35:10-11

- Exodus 34:24

**Day 10:** List other attitudes and sins that seem to accompany unhealthy jealousy from these verses. Are any of these present in our life?

- Galatians 5:19-21
- 2 Corinthians 12:20
- 1 Timothy 6:3-7
- Romans 1:29-31

**Day 11:** Read the following scriptures to site examples where good deeds, plans and aspirations turned ugly because of jealousy.

- Ecclesiastes. 4:4
- Act 13:45-48
- 1 Kings 14:21-24
- Proverbs 6:32-34
- 1 Corinthians 3:3-9

**Day 12:** Read Genesis 37:1-11. Summarize the circumstances that led up to the brothers' jealousy toward Joseph. What actions might have contributed to these events?

**Day 13:** What are some examples of "good" jealousy. Read these passages of scriptures and record your reflections.

- 2 Corinthians 11:2-3
- Numbers 11:28-29
- Zechariah 8:2-3
- Romans 11:11-14

**Day 14:** Meditate on 1 Corinthians 13:4-7 and Romans 13:9-10. Record any thoughts that come to mind.

**Day 15:** Examine things that could be considered *ōbadō* envy from these passages. What might the outcome of these feelings be?

- Philippians 1:12-18
- Proverbs 3:31-32
- Psalm 37:1; Proverbs 23:17; 24:19-20
- Psalm 73:1-3
- James 4:1-3
- Acts 20:33-35

**Day 16:** How did Jesus help to change the inclination toward jealousy?

- Titus 3:3-8
- Romans 7:7-11, 21-25; 8:1-2

**Day 17:** Read Matthew 27:15-26 and record your thoughts about the temperament of the crowd that gave up one of their own to be crucified.

**Day 18:** Read the following admonitions given to believers concerning jealousy. Write your impressions beside each passage.

- Galatians 5:19-26
- 1 Peter 2:1-3
- James 3:14-16
- Romans 13:13-14

*More Thoughts on...*  
***Jealousy/Envy***

*“O, **Jealousy**, thou ugliest fiend of hell! thy deadly venom preys on my vitals, turns the healthful hue of my fresh cheek to haggard sallowness, and drinks my spirit up.”*

*-Hannah More*

***“The cure for the sin of envy and **jealousy** is to find our contentment in God.”***

***-Jerry Bridges***

*“Sins such as envy, **jealousy**, covetousness, and greed very markedly reveal a focus on self. Instead you are to please God and bless others by practicing biblical stewardship which is to care for and give of the physical and spiritual resources that God has provided for you.”*

*-John C. Broger*

***“Nature, more of a stepmother than a mother in several ways, has sown a seed of evil in the hearts of mortals, especially in the more thoughtful men, which makes them dissatisfied with their own lot and envious of another's.”***

***- Desiderius Erasmus***

*“As a moth gnaws a garment, so doth envy consume a man.”*

*-John Chrysostom*

***“It is a very human trait in us to feel that another's advancement is in some way a blow to ourselves. It is equally a human trait to feel that another's downfall and disgrace in some way adds a bit of luster to our own crowns. Of course, nothing could be more utterly false.”***

***-Clovis G. Chappell***

*“Deliver me, O Jesus: from the desire of being esteemed, from the desire of being loved, from the desire of being honored, from the desire of being praised, from the desire of being preferred to others, from the desire of being consulted, from the desire of being approved, from the desire of being popular. Deliver me, O Jesus: from the fear of being humiliated, from the fear of being despised, from the fear of being rebuked, from the fear of being slandered, from the fear of being forgotten, from the fear of being wronged, from the fear of being treated unfairly, from the fear of being suspected. And Jesus, grant me the grace to desire that others might be loved more than I, that others might be more esteemed than I, that in the opinion of the world, others may increase and I decrease, that others may be chosen and I set aside, that others may be preferred to me in everything, that others may become holier than I, provided that I, too, become as holy as I can.”*

*-Mother Theresa, A Simple Path*

*Further Reading On...*  
***Jealousy/Envy***

*The Sin No One Talks About- Jealousy* by R.T. Kendall

*Overcoming Jealousy and Possessiveness* by Paul A. Hauck

*Respectable Sins: Confronting the Sins we Tolerate* by Jerry Bridges

*Enemies of the Heart: Breaking Free from the Four Emotions that Control You* by Andy Stanley