

# THE CURE FOR JEALOUSY

Building Bridges

Part 7

**JEALOUSY:** Resenting God's goodness in other's lives  
And ignoring God's goodness in my own life.

## I. HOW JEALOUSY RUINS RELATIONSHIPS

- **IT CAUSES CONFLICT**

*"... You are jealous for what others have, and you can't possess it, so you fight and quarrel to take it away from them." James 4:2*

- **IT DESTROYS HAPPINESS**

*"A tranquil heart makes for a healthy body, but jealousy is like bone cancer." Proverbs 14:30*

- **IT LEADS TO OTHER SINS**

*"Where jealousy and selfishness are, there will be confusion and every kind of evil." James 3:16*

*"In the past we also were foolish... We spent our lives doing evil and being jealous." Titus 3:3*

## II. THE CURE FOR A JEALOUS HEART

### THE STARTING POINT: ADMIT IT

*"But if at heart you have the bitterness of jealousy, or selfish ambition, don't be boastful or hide the truth with lies." James 3:14*

### 1. RECOGNIZE MY UNIQUENESS

*"You (God) created every part of me; you put me together in my mother's womb ... You saw me before I was born and scheduled every day of my life before I began to breathe." Ps. 139:13+15*

### 2. RESIST COMPARING MYSELF TO OTHERS

*"Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else." Gal. 6:4*

### 3. REJOICE IN WHAT I HAVE

*"Give thanks in all circumstances..." 1 Thessalonians 5:18*

*"It is better to be satisfied with what you have than to be always wanting something else." Ecclesiastes 6:9*

*"Rejoice with those who rejoice; weep with those who weep." Romans 12:15*

*"Love is not jealous" 1 Cor. 13:4b*

### 4. RELAX IN GOD'S SOVEREIGNTY

*"Don't be jealous of those who do wrong, because like the grass, they will soon dry up... Trust the Lord and do good." Ps. 37:1-3*

### 5. REFOCUS ON GOD'S PLAN FOR ME

*"Turn me away from wanting any other plan than yours." Psalm 119:37*

*"Don't be envious of sinful people; let reverence for the Lord be the concern of your life. If it is, you have a bright future." Proverbs 23:17*

Next Sermon's Topic

**THE KEY TO RESTORING A  
RELATIONSHIP**

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