

The Greatest of These – Overcoming Envy

1 Corinthians 13:1-4 If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal. If I have *the gift of prophecy*, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. 3 And if I give all my possessions to feed *the poor*, and if I surrender my body to be burned, but do not have love, it profits me nothing. 4 Love is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant.

Romans 12:14-16 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice, and weep with those who weep. 16 Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation.

Solution to Envy:

1. _____
Romans 12:16 “Be of the same mind toward one another...”

1 Timothy 6:6 But godliness with contentment is great gain.

2. _____
1 Corinthians 13:4 Love is not jealous.
- To say love is not jealous or envious means we’re not only content but grateful for what we have.
- Gratitude is fundamentally incompatible with envy.
- Mayo Clinic: Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.

1 Thessalonians 5:18 In everything give thanks; for this is God’s will for you in Christ Jesus.

3. _____
Romans 12:16 ...Do not be wise in your own estimation.

Romans 12:3 For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

Philippians 2:3-4; Ephesians 4:2; Colossians 3:12

Humility is far from weakness.

- Humility is not thinking less of yourself but it's thinking of yourself less.

4.

Romans 12:16 Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation.

- Our identity is not determined by our success or failure but by our union with Christ and with one another.

Psalm 17:8 Keep me as the apple of the eye; Hide me in the shadow of Your wings.

5.

Romans 12:14 "Bless those who persecute you; bless and do not curse."

Romans 12:15 "Rejoice with those who rejoice, and weep with those who weep."

Further Thought:

- How would you score if you were graded on these five areas or solutions to envy today (on a scale of 1 – 5, with 5 being best)?
- Which solution is easy for you? Which one is most difficult?
- Which of the five will be your target for focus this week?
- How will you demonstrate each of the five this week?