

**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, 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. SEEK HELP.**

Some people are pathologically jealous, having no control over their feelings. Your counsellor would help you to put things in perspective you might just find that you are delivered from what seems to control you because of the simplicity of somebody else's explanation. *Psalm 121:1*

### **2. GET OUT OF THE PLACES, THINGS AND PEOPLE THAT PERVERT YOUR PERSONALITY.**

It may not be healthy for you to be constantly exposed to whatever hurts you and keeps you feeling unhappy, whatever people make you feel like acting out of character. It would be wise for you to move on. *1 Thessalonians 5:22*

### **3. STOP THE FIGHT.**

Every time you go into arguments with people the chances are there that you might begin to compare notes as to who is better. Jealousy and other sins would follow. Look for those who share your perspective. Jealousy can be born out of relationships where we do not have points of similarity. Look for those who carry your vision, see from your perspective and have a similar understanding of situation. *1 Corinthians 6:12*

### **4. CONFESS YOUR FAULTS ONE TO ANOTHER.**

This means that if you are jealous, particularly within a marital situation, be ready to let your spouse know what you are going through.

Jealousy sometimes comes out of the fact that we have been overlooked and have not been given validation or praise. Look for other sources of peace and joy if people have chosen to withhold it from you.

Have you been compared to someone else? Do not compete, be who you are called to be. Celebrate those who celebrate, and do not put others down. *Ephesians 4:29-30*

#### **5. REFUSE RIVALRY.**

If you try to keep up with the Joneses, you will only lose your own focus. *Romans 12:3*

#### **6. APPLAUD OTHERS.**

People stop being jealous or competitive with you when you applaud them for who they are.

Talk about how good people are. Let them know what you appreciate about them.

And finally do not pitch yourself against what your spouse, friend or people in your circle of relationship like. If you do you will walk in perpetual jealousy. *Philippians 2:4*

#### **CONCLUSION**

Finally, let us rid ourselves of the toxins of Jealousy.

**Live the spirit controlled life.** Where the Holy Spirit is, the works of the flesh begin to die. *Galatians 5:16, 18, 22-25*