

## HANDLING MY EMOTIONS: ENVY (part 3)

November 1, 2020

### Proverbs 14:30

*"A heart of peace gives life to the body, but envy rots to the bones."*

#### 1. Wisdom from Solomon regarding envy.

*"I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind. Fools fold their hands and ruin themselves. Better one handful with tranquility than two handfuls with toil and chasing after the wind." Ecclesiastes 4:4-6*

- Less is \_\_\_\_\_ when it comes to \_\_\_\_\_.

*"Again I saw something meaningless under the sun: There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business!" Ecclesiastes 4:7-8*

- Two questions to ponder:

\_\_\_\_\_?

\_\_\_\_\_?

#### 2. Some implications

- I will never experience \_\_\_\_\_ while I am distracted by \_\_\_\_\_.
- We cannot \_\_\_\_\_ or \_\_\_\_\_ our way to peace.
- Look to others for \_\_\_\_\_, not \_\_\_\_\_.
- Count \_\_\_\_\_, not \_\_\_\_\_.