

Reset How To Eliminate Envy

*Our _____

Proverbs 14:30 *A heart at peace gives life to the body, but envy rots the bones.*

*Our _____

*Story of the Prodigal Son – Luke 15

*Our _____

Romans 12:15 *Rejoice with those who rejoice...*

*Our _____

Mark 7:20-23 *"What comes out of a man is what makes him 'unclean.' For from within, out of men's hearts, come evil thoughts, sexual immorality...envy...All these evils come from inside and make a man 'unclean.' "*

1. Thank God for _____

Ephesians 2:10 *For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.*

Key: What _____ am I grateful for?

2. Thank God For _____

Ecclesiastes 5:10 *Those who love money will never have enough. How absurd to think that wealth brings true happiness!*

Key: _____

3. Thank God For _____

I Samuel 23:17 *"Don't be afraid," he said. "My father Saul will not lay a hand on you. You will be king over Israel, and I will be second to you. Even my father Saul knows this."*

I Samuel 20 :17 *And Jonathan had David reaffirm his oath out of love for him, because he loved him as he loved himself.*

Symptoms That We Are Envious

- You aren't happy for others when they achieve success.
- You feel the need to diminish someone else's success. Or you devalue or make excuses for why they are successful.
- You judge others negatively.
- You're happy when others face setbacks.
- You keep score.
- The glass is ALWAYS half empty
- You have times where you have "got to have it".
- You have a critical spirit.
- You are a poor loser.
- The words "It's not fair" occasionally come out of your mouth.
- You whine. "Where there's whining, there's envy."

Tools That Can Help Us Identify Our Strengths

www.enneagraminstitute.com

<https://positivepsychology.com/strength-finding-tests/>

<https://soulsalt.com/how-to-identify-your-strengths/>