

A red brain is centered in the image, rendered in a stylized, textured manner. A white horizontal bar is superimposed over the middle of the brain, containing the text 'EMOTIONAL WARFARE'. The background is a solid blue color with a repeating pattern of faint, light blue text that reads 'age of despair how to find hope in an age of despair how to find hope in an age of despair how to discover self-worth how to discover self-worth how to discover self-worth how to deal with feeling guilty how to deal with feeling guilty how to deal with feeling guilty how to overcome envy how to overcome envy how to overcome envy'.

# EMOTIONAL WARFARE

*how to overcome envy*

*‘One of the most mature acts that we are capable of is to admit to the strength of our envy ...’*

Frederick William Nietzsche



# *What is Envy?*

... A reaction to lacking something.

... Envy occurs 'when a person lacks another's superior quality, achievement or possession and either desires it or wishes that the other lacked it.'

... Discontent aroused by another's better fortune'.



*‘And I saw that all toil and achievements spring from one person’s envy of another. This too is meaningless, a chasing after the wind.’*

*Ecclesiastes 4:4*



# *Envy is Dangerous.*

*'Next to worry, probably one of the most potent causes of unhappiness is envy.'*

**Bertram Russell**



# *What's in our hearts matters ...*

*"You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*

**Matthew 5:27,28**



# *Envy is Dangerous.*

*Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. Like new-born babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.*

**1 Peter 2:1-3**



# *Components of Envy.*

**1. Desire:**

**2. Resentment:**





# *Resentment ... bitterness*

*Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.*

**Hebrews 12:14-15**



# *Losing Control ...*

*Then the LORD said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."*

**Genesis 4:6-7**



# *Seeing things as God sees things ...*

*'You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives'*

**Genesis 50:20**



# *Saul's envy of David*

*<sup>8</sup> Saul was very angry; this refrain displeased him greatly. 'They have credited David with tens of thousands,' he thought, 'but me with only thousands. What more can he get but the kingdom?'*



# *Saul's envy of David*

*<sup>9</sup> And from that time on Saul kept a close eye on David.*



# *Saul's envy of David*

*<sup>10</sup> The next day an evil spirit from God came forcefully on Saul. He was prophesying in his house, while David was playing the lyre, as he usually did. Saul had a spear in his hand <sup>11</sup> and he hurled it, saying to himself, 'I'll pin David to the wall.'*



# *Avoiding Envy ... Psalm 37*

*Don't bother your head with braggarts or wish you could succeed like the wicked.'*

**1. Look to God**

**2. Thankfully Count your Blessings**



# *The 5 R's of Repentance ...*

**1. Recognise**

**2. Repent**

**3. Renounce**

**4. Replace**

**5. Receive**

