

Breaking The Grip of Envy

Genesis 37

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Definition: Envy is... when **you** have something that **I** feel like I deserve **more than you**.

Bottom line: You can't live a happy life and be **envious** at the same time.

To attack envy in my life I must...

- **Acknowledge** my envy.

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

- **Apologize** to God.

"When you were spiritually dead because of your sins and because you were not free from the power of your sinful self, God made you alive with Christ, and **He forgave all our sins**. He canceled the debt... He took away that record... and nailed it to the cross." Colossians 2:13-14 (NCV)

- **Celebrate** others!

"**We had to celebrate** this happy day. For your brother was dead and has come back to life! He was lost, but now he is found." Luke 15:32 (NLT)