

Envy

Psalms 73



Difference between Jealousy and Envy

Jealousy

- Jealousy is the fear of losing what you already have (or believe is yours)
- **Jealousy** can be both **positive or negative**:
- *Positive*: God's jealousy (Exodus 34:14) = protective love and desire for exclusive devotion.
- *Negative*: Human jealousy (1 Cor. 3:3) distrust, rivalry.

Envy

- Envy is wanting what someone else has.
- Envy is always sinful.
- Envy is always negative in Scripture:
 - Proverbs 14:30 – “Envy makes the bones rot.”
 - Galatians 5:21 – Listed as a work of the flesh.

Stages of Envy



1. Comparison

- 1 Samuel 18:6-8 ESV As they were coming home, when David returned from striking down the Philistine, the women came out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with songs of joy, and with musical instruments. 7 And the women sang to one another as they celebrated, “Saul has struck down his thousands, and David his ten thousands.” 8 And Saul was very angry, and this saying displeased him. He said, “They have ascribed to David ten thousands, and to me they have ascribed thousands, and what more can he have but the kingdom?”

2. Desire and dissatisfaction

- 1 Samuel 18:9 ESV And Saul eyed David from that day on.

3. Resentment or shame

- 1 Samuel 18:29 ESV Saul was even more afraid of David. So, Saul was David's enemy continually.

Reasons to Deal with Envy

Psalms 73:21-22 ESV When my soul was embittered, when I was pricked in heart, 22 I was brutish and ignorant; I was like a beast toward you.

1. It is hidden
2. It forces joy out of your life
3. It removes gratitude
4. It helps understand your own heart





Overcoming envy

1. Understand our helplessness
 - Psalms 73:16 But when I thought how to understand this, it seemed to me a wearisome task,
2. Decide to worship God
 - Psalms 73:17 until I went into the sanctuary of God; then I discerned their end.
3. Appreciate God's plan for you
 - Psalms 73:23-24 Nevertheless, I am continually with you; you hold my right hand. 24 You guide me with your counsel, and afterward you will receive me to glory.
4. Anchor your heart in God eternal sufficiency
 - Psalms 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
5. Find safety and security in God
 - Psalms 73:28 But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.