

Pride:

Excessive belief in one's own abilities.

Virtue: **Humility**

Envy:

The desire for others' traits, status, abilities or situation.

Virtue: **Kindness**

Gluttony:

An inordinate desire to consume more than that which one requires.

Virtue: **Self-Control**

Anger:

A strong feeling of grievance and displeasure.

Virtue: **Patience**

Greed:

An overwhelming desire to have more of something than is actually needed

Virtue: **Generosity**

Sloth:

The avoidance of physical or spiritual work.

Virtue: **Diligence**

Lust:

An inordinate craving for the pleasures of the body.

Virtue: **Purity**

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us. Hebrews 12:1 (NRSV)

"For the kingdom of heaven is like a landowner who went out early in the morning to hire laborers for his vineyard. After agreeing with the laborers for the usual daily wage, he sent them into his vineyard. When he went out about nine o'clock, he saw others standing idle in the marketplace; and he said to them, 'You also go into the vineyard, and I will pay you whatever is right.' So they went. When he went out again about noon and about three o'clock, he did the same. And about five o'clock he went out and found others standing around; and he said to them, 'Why are you standing here idle all day?' They said to him, 'Because no one has hired us.' He said to them, 'You also go into the vineyard.' When evening came, the owner of the vineyard said to his manager, 'Call the laborers and give them their pay, beginning with the last and then going to the first.' When those hired about five o'clock came, each of them received the usual daily wage. Now when the first came, they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner, saying, 'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.' But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?'

Matthew 20:1-15 (NRSV)

When Envy Rears It's Ugly Head It . . .

1. Robs me of _____

It's healthy to be content, but envy can eat you up.

Proverbs 14:30 (CEV)

2. Causes _____ in my life

You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. James 4:2a (NLT)

3. Makes me a _____

Once we, too, were foolish and disobedient; we were misled by others and became slaves to many evil pleasures and wicked desires. Our lives were full of resentment and envy. We hated others and they hated us. Titus 3:3 (TLB)

4. Leads to _____

For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. James 3:16 (NRSV)

5. Distracts me from _____

Do not envy others – it only leads to harm. Psalm 37:8 (NLT1)

I Overcome Envy When I . . .

• Stop _____ myself to others

Each person should judge his own actions and not compare himself with others. Galatians 6:4 (NCV)

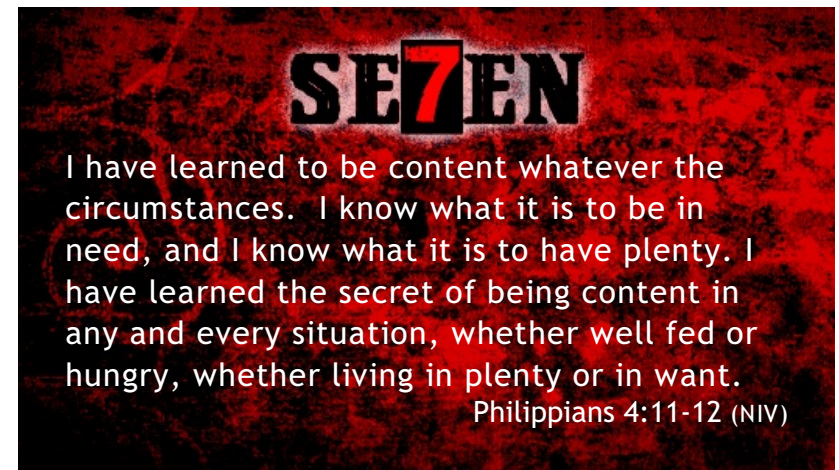
• Start being _____ for who I am and what I have

Also, let Christ's peace control you. God has called you into this peace by bringing you into one body. Be thankful. Colossians 3:15 (GW)

• Show _____ to the person I envy

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:19-23 (NLT)

The Goal: _____ with my traits, status, ability and situation.



My Next Step Today Is To . . .

- Commit my life to God today asking Him to fill my life with peace and joy as I follow Him.
- Ask God for contentment in the area of _____
- Consistently live a life of kindness to everyone.
- Meditate on and/or memorize Philippians 4:11-12