

Five Habits That Destroy Jealousy

BY DAVID JEREMIAH

While envy and jealousy are often used interchangeably, there are some differences in how we can look at them:

- Envy is at the bottom, wishing it was at the top; jealousy is at the top resenting anyone who might try to replace it.
- Envy is angry at what everyone else has that it doesn't have; jealousy is afraid that what it has will be taken away.
- Envy mourns its empty hands and rejoices when others lose what they have; jealousy rejoices at its full hands but fearful of losing it all to someone else.

Jealousy gets its foot in the door by destroying love. No one would ever follow through on a jealous impulse if they had not first abandoned love in their heart.

Jealousy can certainly hurt the person toward whom it is directed, but the greatest harm is done to the jealous person himself. Like any negative emotion that is allowed to flourish in the absence of love, jealousy will eventually destroy the one who embraces it.

Practicing these five habits will remove jealousy from the human heart so that agape love can reign.

- Renounce Jealousy as Sin
- Release Your Loved Ones Who Are Caught in the Jaws of Your Jealousy
- Remember Your Rival in Prayer
- Reaffirm God's Goodness to You, and Learn to Be Content
- Rekindle God's Love in Your Heart Through Prayer and the Reading of God's Word