

Jealousy

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Main Verse: [Proverbs 14:30](#)

PTSD of the Christian Life — Series

Jealousy

Pastor Brent Snook · September 27, 2026 · AM Service

Text: [Proverbs 14:30](#)

"A sound heart is the life of the flesh: but envy the rottenness of the bones." — [Proverbs 14:30](#)

"Rejoice with them that do rejoice, and weep with them that weep. Be of the same mind one toward another."
— [Romans 12:15-16](#)

Instead, the jealous person rejoices in the mourning of others — and mourns in the successes of others.

"For ye are yet carnal: for whereas there is among you envying, and strife, and divisions, are ye not carnal, and walk as men?" — [1 Corinthians 3:3](#)

I. THE TRAPS OF JEALOUSY

A. The Trap of [Prosperity](#)

"And the man waxed great, and went forward, and grew until he became very great... and the Philistines envied him." — [Genesis 26:13-14](#)

Isaac had a lot — and the Philistines couldn't handle it. Jealous people don't look at what they possess but at what someone else possesses. Someone else has a larger house, a nicer car, better vacations.

B. The Trap of [Power](#)

"Ye take too much upon you, seeing all the congregation are holy... wherefore then lift ye up yourselves above the congregation of the LORD?" — [Numbers 16:3](#)

C. The Trap of [Performance](#)

When David slew Goliath, a more powerful giant began to stalk the palace — **Jealousy**. Saul heard the women singing: *"Saul has slain his thousands — but David his ten thousands."* It so consumed him that he devoted the rest of his lifetime to hunting David for murder. Jealousy took up so much room in Saul's heart that the Spirit of God had to leave.

D. The Trap of [People](#)

Satan often begins right in the home:

- Cain's envy brought him to murder Abel
- Jacob and Esau — battling for their father's favor
- The Prodigal's older brother — pouting when his brother came home ([Luke 15:29](#))
- Joseph's brothers — Jacob played favorites; they were ready to murder him

II. THE TRUTH ABOUT JEALOUSY

A. Jealousy Destroys [Others](#)

People get jealous and ruin the lives of others. Jobs are lost unfairly. Reputations are shattered. Lives are destroyed. Jealousy is a weapon — but it rarely stays aimed at its target.

B. Jealousy Destroys [Us](#)

The crazy thing about jealousy — it eventually destroys the one who carries it:

- Cain destroyed Abel — but destroyed himself in the process
- Joseph's brothers — Joseph landed on his feet in Egypt; his brothers suffered the burden of guilt for years
- Saul hunted David — the only life he destroyed was his own
- Daniel's accusers — they threw him in the lion's den; when he came out unscathed, they were thrown in themselves

III. THE TRIUMPH OVER JEALOUSY

A. Remember to [Pronounce](#)

Call jealousy and envy what God calls them — sin.

"...Envyings, murders, drunkenness, revellings... they which do such things shall not inherit the kingdom of God." — [Galatians 5:20–21](#)

"Being filled with all unrighteousness... full of envy, murder, debate, deceit..." — [Romans 1:29](#)

"Let us walk honestly, as in the day... not in strife and envying." — [Romans 13:13](#)

B. Remember to [Pray](#)

Pray for the person you envy — that is what Jesus commanded. F.B. Meyer once admitted that jealousy crept into his heart when G. Campbell Morgan came to London. His response? He prayed. And God blessed all three ministries — Spurgeon's, Morgan's, and Meyer's own.

"Pray for them which despitefully use you." — [Matthew 5:44](#)

C. Remember to [Praise](#)

When jealousy surfaces — take inventory of your own blessings. Count them. Name them one by one. A season of thanksgiving is a wonderful antidote to the poison of jealousy. **Gratitude transforms attitude.**

D. Remember to [Pursue](#)

Pursue love — because jealousy and love cannot stand to be in the same room.

"Love envieth not." — [1 Corinthians 13:4](#)

— Jealousy Is a Deadly Sin —

Jealousy is a peril of our private life that will truly destroy — both the ones we envy and ourselves. The antidote is found in four simple steps:

- **Pronounce** it as sin
- **Pray** for those you envy
- **Praise** God for your own blessings

- Pursue love — because love envies not

Personal Takeaways

Enter any thoughts about todays message.