

Curing Envy

Proverbs 14:30 (ESV)

“A tranquil heart gives life to the flesh, but envy makes the bones rot.”

The cure for envy is not changing places but changing posture.

The Path of Resentment

1. Focus on what you lack
2. Crave what others have
3. Reject what God gives

The Path of Refreshment

1. Focus on what you have
2. Crave what Christ has
3. Reflect what God gives