

# Envy



## Precious Promises

### Devotional Guide

## Day 2

### Promise #112

#### Bible Story (Genesis 37:1-28)

Joseph was Jacob's favorite son, and his father gave him a special coat of many colors. His brothers saw the love Jacob showed Joseph and grew jealous. Their envy turned to anger when Joseph shared dreams that seemed to place him above them.

One day, Jacob sent Joseph to check on his brothers in the fields. When they saw him coming, their envy boiled over. They plotted against him, saying, "Here comes the dreamer." At first, they wanted to kill him, but the oldest brother, Reuben, convinced them not to. Instead, they threw Joseph into a pit.

Soon a caravan of traders passed by. Judah suggested they sell Joseph instead of harming him. So they pulled him from the pit and sold him for twenty pieces of silver. The brothers' envy had led them to betray their own brother. Joseph was taken away to Egypt, while they went home with guilty hearts.

Their jealousy had destroyed their peace and brought terrible pain to their family. Joseph's brothers chose envy instead of love, and it brought sorrow for years to come.

#### Today's Promise (#112)

##### Proverbs 14:30 (KJV)

"A sound heart is the life of the flesh: but envy the rottenness of the bones."

##### Proverbs 23:17 (KJV)

"Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long."

##### Proverbs 27:4 (KJV)

"Wrath is cruel, and anger is outrageous; but who is able to stand before envy?"

#### Apply the Promise!

Envy makes your heart sick, but God gives peace when you are thankful and trust Him instead of comparing yourself to others.

#### Real-Life Example:

Rachel's cousin got the exact dollhouse Rachel had been dreaming of for months. As Rachel looked at the tiny furniture and lights, she felt a "sour" feeling in her chest. Even though Rachel had lovely toys at home, they suddenly felt boring because they weren't as new as the dollhouse. She found herself sitting in the corner, wishing she could just take the toy home for herself.

Rachel's mom noticed she was quiet and said, "Envy is like a weed that chokes your happiness. It makes your heart feel sick because you're looking at what others have instead of what God gave you." Rachel realized her jealousy was making her feel "rotten" inside, just like the Bible says. She didn't want to be a person who was unhappy just because someone else was blessed.

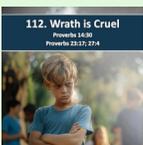
She prayed and asked God to help her be truly glad for her cousin. Rachel even wrote a note saying she was happy they could play together. Once she stopped comparing herself and chose to be kind, the heavy, sick feeling went away. She spent the rest of the afternoon laughing and playing, feeling peaceful and thankful again.

#### Discussion Questions:

- What did Joseph's brothers do to him because they were jealous of his special coat?
- When you feel jealous of something a friend has, what is one thing you can do to change your heart?

#### Activity:

Give everyone one minute to find one item in the room that represents something they are thankful for. Once everyone is back in the circle, take turns holding up your item and saying, "I am content with what God has given me!" This helps shift the focus from what we don't have to the blessings we have.



 Listen to  
Scripture Song:

<https://precious-promises.com/112>



# 112. Proverbs 14:30 Proverbs 23:17; 27:4

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<sup>17</sup>Let not thine heart envy sinners:  
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all...day long.

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