

Envy — Day 1



Precious Promises

Devotional Guide



🎧 Listen to
Scripture Song:



Today's Promise (#111) — NKJV

Psalm 119:36–37 “Incline my heart to Your testimonies, and not to covetousness. Turn away my eyes from looking at worthless things, and revive me in Your way.”

♥ Apply the Promise!

We can pray, “Lord, help us love Your Word more than we want what others have. Turn our eyes away from things that lead to envy, and fill our hearts with joy in Your way.”

📖 Bible Story (1 Kings 21)

King Ahab ruled over the nation of Israel. He lived in a large palace, had many servants to help him, and enjoyed great wealth. He had almost everything a person could want! But right next to the king's palace was a small, beautiful vineyard owned by a man named Naboth. One day, Ahab looked out his window and decided he simply had to have Naboth's land for his own vegetable garden.

Ahab offered to buy the land, but Naboth respectfully said no. God's law said that family land should stay with the family to honor their ancestors, and Naboth wanted to obey God more than he wanted the king's money. You would think a powerful king with thousands of acres would simply choose another piece of land. But instead, Ahab allowed a dark, prickly weed—envy—to grow in his heart.

Even though he owned an entire kingdom, he became upset over the one small patch of dirt he could not have. He went to his room, lay on his bed, turned his face to the wall, and refused to eat his dinner. He acted like a pouting child because his eyes were fixed on what was missing instead of the gold and silver all around him. When his wife, Queen Jezebel, saw this, she made a wicked plan. She arranged for Naboth to be falsely accused and killed just so Ahab could walk over and take the vineyard.

Ahab got what he wanted—but it brought terrible consequences and a heavy heart. His envy led to sin, sorrow, and a very sad judgment from God. Ahab's story teaches us that when we keep looking at what we don't have, we lose all the joy in the many blessings God has already given us.

💬 Discussion Questions:

- King Ahab had a whole kingdom but became upset over one small garden. Have you ever been upset about something small when you already had many blessings?
- Why do you think Nick is joyful today, even though he does not have arms or legs?
- What could King Ahab have chosen to do instead of going to his room and refusing to eat?

☀ True Story

Imagine waking up and not being able to use your arms to brush your teeth or your legs to run. For Nick Vujcic, this was his reality from the day he was born. He had no arms and no legs—only one small foot with two toes. Growing up, life was frustrating. He had to rely on others for almost everything, and he was sometimes bullied at school. It would have been very easy for him to spend his whole life feeling jealous of the kids playing sports he could not play. For a long time, he was sad and wondered what his purpose could be.

But as Nick grew older, he realized that focusing only on what he lacked was keeping him from using what he did have. He decided to stop being jealous and start getting creative. Using his small foot, Nick learned to do amazing things. He figured out how to operate an electric wheelchair. He learned to type 43 words a minute on a computer using just his toes. He learned to comb his hair, brush his teeth, and answer the phone. He even learned how to swim, skydive, and surf, once managing to do a full 360-degree spin on his board!

Instead of staying hidden away in jealousy, Nick chose to be thankful for the unique life he was given. Today, he is not only a world traveler speaking to millions of people, but he is also a husband and a joyful father to four children. His story proves that true happiness does not come from having a body like everyone else; it comes from being thankful and making the most of what God gave you. When we choose to be happy for others and thankful for ourselves, we find a strength that envy can never give us.

📖 Activity:

Have everyone stand like statues while one person (the “Distractor”) walks around holding something interesting, like a toy or treat, trying to get others to look. If someone looks, they are out!

Afterward, talk about how focusing on things we don't have can lead to envy and take away our joy. Choosing to “turn our eyes away” helps us stay content and thankful.

Envy — Day 2



🎧 Listen to
Scripture Song:



Today's Promise (#112) — KJV

Proverbs 14:30 "A sound heart is the life of the flesh: but envy the rottenness of the bones."

Proverbs 23:17 "Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long."

Proverbs 27:4 "Wrath is cruel, and anger is outrageous; but who is able to stand before envy?"

♥ Apply the Promise!

Envy harms your heart, but a pure heart brings life. God tells us not to let our hearts envy others, but be content and let Him fill our hearts with peace and joy.

📖 Bible Story (1 Samuel 18)

When a young shepherd boy named David defeated the giant Goliath, all of Israel celebrated. King Saul should have been happy that his kingdom was safe. But as the army marched home, women came out dancing and singing a joyful song: "Saul has slain his thousands, and David his ten thousands."

That single song changed everything. Instead of being thankful, Saul felt a sting in his heart. He could not stand the thought of someone else receiving more praise than he did. The Bible says that from that day forward, Saul "eyed" David. Every time Saul looked at the young hero, he did not see a loyal servant; he only saw a rival.

Jealousy is like a weed. If you do not pull it out immediately, it grows and chokes out all the joy in your heart. Saul let that weed grow. He stopped enjoying his beautiful palace and his many blessings. His mind became busy with thoughts of David, making him angry and miserable.

One day, David was sitting quietly in the palace, playing beautiful music on his harp to help calm the king's troubled mood. Suddenly, Saul was so overwhelmed by his jealous rage that he grabbed a heavy spear and hurled it straight at David!

David dodged the weapon and escaped, but Saul's jealousy had already destroyed his own peace. Instead of ruling his kingdom in quiet joy, Saul spent his final years chasing David through the wilderness. He learned that envy doesn't hurt the person we are jealous of; it poisons our own hearts and steals our happiness. When we allow jealousy to grow, it acts like a rot that destroys our own peace and friendship with others.

☀ True Story

In the early 1990s, two talented American figure skaters named Nancy Kerrigan and Tonya Harding were top competitors. Both wanted to represent the United States at the Winter Olympics. Nancy was graceful, popular, and loved by many fans. Tonya was a powerful, athletic skater, but she often felt overlooked.

Because they were close rivals, jealousy and pressure began to grow around them. Instead of everyone focusing on training, winning fairly, and doing their best, people connected to Tonya became focused on stopping Nancy. That envy led to a terrible plan.

A few weeks before the Olympics, an attacker struck Nancy on the knee with a heavy baton after a practice session. The men behind the attack hoped she would be too injured to compete.

But the plan failed. Nancy's leg was bruised, not broken. She healed, competed in the Olympics, and won a silver medal. Meanwhile, the police uncovered the plot. Tonya admitted that she had helped hide what she knew afterward. She lost her national title and was banned from U.S. figure skating for life.

This story warns us that envy can grow into terrible choices when it is not stopped. When we focus on hurting others or pulling them down, we do not gain true joy. We lose peace, trust, and blessing.

When someone else is praised or chosen, God can help us rejoice with them and do our own best with a clean heart.

💬 Discussion Questions:

- Why did King Saul become jealous of David after the victory over Goliath?
- What happened to Tonya Harding's skating career after the police uncovered the plot?
- What can you do when someone else gets praised, noticed, or chosen instead of you?

📖 Activity:

Show how envy destroys from the inside out! Take a fresh apple and heavily bruise one side of it by dropping it on the counter a few times before the lesson. Show the kids the apple—it looks perfectly fine on the outside! Now, slice it open right through the bruised spot. The inside will be dark, brown, and totally rotting. Talk about how jealousy is a secret sin that rots our hearts on the inside just like Proverbs 14 says.

Envy — Day 3



🎧 Listen to
Scripture Song:



Today's Promise (#113) — KJV

Luke 12:15 "And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth."

♥ Apply the Promise!

Watch out for always wanting more. Jesus says your life is not about how much you have. True joy comes from loving God, not from having many things.

📖 Bible Story (2 Kings 5)

Elisha was a faithful man of God who spent his life helping others. One day, an army captain named Naaman came to him for help. Naaman had a terrible skin disease, but God healed him when he obeyed Elisha's instructions and washed in the Jordan River seven times.

Naaman was filled with joy. He wanted to thank Elisha by giving him rich gifts of silver, gold, and beautiful clothing. But Elisha refused. He wanted Naaman to understand that God's healing was a free gift. It could not be bought with money.

Elisha had a servant named Gehazi who saw everything. When Gehazi looked at the silver, covetousness began to grow in his heart. He could not stop thinking about the treasures Elisha had turned away. After Naaman left, Gehazi decided to run after him and get something for himself.

When Gehazi caught up with Naaman, he told a lie. He said that Elisha had changed his mind and needed silver and clothing for two young men who had just arrived. Naaman believed him and gladly gave him the gifts.

Gehazi carried the treasure back and hid it in the house. Then he went and stood before Elisha as if nothing had happened. But God had shown Elisha the truth.

Because Gehazi let covetousness rule his heart, he lied, deceived, and lost the peace he could have had. Gehazi's story warns us that wanting what God has not given us can lead us into sin and sorrow. True happiness does not come from getting more things, but from having a heart that is right with God.

💬 Discussion Questions:

- Why did Gehazi tell a lie to Naaman?
- How did Gehazi's desire for treasures make things worse for him in the end?
- What did Christine hoard inside her tiny apartment?
- Jesus said our lives are not about the "abundance of things." Since toys and clothes don't make life truly good, what are the things that do matter most?

☀ True Story

In 2012, a university student named Christine opened a bank account. Because of a computer error, the bank accidentally changed a setting on her card. This allowed her to spend as much money as she wanted, even though she had nothing. Instead of calling the bank to report the mistake, Christine let greed take over.

Christine loved fashion and wanted people to think she was wealthy. She began spending money from the broken account. Over the next few years, she spent over four million dollars! She did not use the money to buy a house or help people in need. Instead, she bought hundreds of expensive handbags, jewelry, and shoes. She hoarded these items inside her apartment, filling her closets to the top with things she could not even use.

Christine thought having many possessions would finally make her happy. Instead, she lived in constant fear, carefully hiding her secret from her friends and family. Eventually, the bank discovered their mistake and demanded their money back. They went to her apartment and took away every purse and pair of shoes.

Christine was forced to declare bankruptcy, meaning she was left with absolutely nothing. Her choices did not bring her joy; they only brought her public embarrassment and the loss of everything she had gathered.

Christine's story reminds us that a person's life is not made better by piles of stuff. True joy comes from honesty, thankfulness, and being content with what God has given us.

📦 Activity:

Have one child hold out their arms. Gently stack soft items on them, such as pillows, jackets, stuffed animals, or light toys. With each item, name something people may want more and more of—money, toys, clothes, treats, or fancy things. Keep adding items until it becomes hard to hold them all. Then ask, "Does having more make this easier or harder?" Let some of the items fall onto a blanket or soft place. Talk about how greed can become a heavy burden.



Today's Promise (#114) — KJV

James 3:14-15 "But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual, devilish." **1 Corinthians 13:4** "[Love] envieth not..."

1 Peter 2:1, 3 "Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings... If so be ye have tasted that the Lord is gracious."

♥ Apply the Promise!

True love is kind and does not envy. God wants us to put away jealousy and choose His peace.

📖 Bible Story (Genesis 37)

Joseph was a young man and the favorite son of his father, Jacob. To show his special love, Jacob gave Joseph a beautiful coat of many colors. When Joseph's older brothers saw the coat, envy grew in their hearts. They could not stand that their father loved him more. They hated Joseph so much that they could not even speak a kind word to him.

One day, Jacob sent Joseph to check on his brothers while they were taking care of sheep far from home. Long before Joseph reached them, the brothers saw him coming in the distance. Their envy turned into a dark plan. Before Joseph could even speak, they grabbed him, pulled off his special coat, and threw him into a deep, dry hole in the ground.

The brothers sat down to eat their meal, ignoring Joseph's cries for help from the bottom of the pit. Soon, a group of traveling merchants passed by on camels. They pulled Joseph out and sold their own brother to the strangers for twenty pieces of silver. The merchants took Joseph far away to Egypt.

To hide what they had done, the brothers dipped Joseph's coat in the blood of a goat and took it home to their father. Jacob recognized the coat and wept bitterly, believing Joseph had been killed by a wild animal.

Joseph's brothers got rid of the one they envied, but they did not gain peace. Their jealousy brought sorrow to their father and guilt into their own hearts. This story warns us that envy is not a small thing. If we let it stay in our hearts, it can lead to unkind words, cruel actions, and deep sadness. True love does not envy. Love rejoices when others are blessed.

☀ True Story

Long ago in Germany, there lived a girl named Fanny and her younger brother, Felix. Both of them were highly gifted musicians. They loved to write music. They sat at the piano for hours, playing songs for each other. They were best friends. They studied, played the piano, and wrote songs.

As they grew older, people began to notice Felix's talent. He performed, published music, and became famous. Fanny was happy for her brother, but a problem came up. At that time, people believed that women should stay home and not publish music. Her father told her that writing music was just a hobby for a girl, but it was a real job for Felix.

Fanny kept writing music anyway. She composed hundreds of pieces, but many were not published during her lifetime. A few of her songs were even published under Felix's name. Felix received public praise, while Fanny's work was mostly heard in her home.

It would have been easy for Fanny to let envy grow in her heart. She was very talented, but she did not receive the same attention as her brother. Yet she continued to love Felix and share music with him. She also found a way to bless others by holding concerts in her own home. She could not control how others treated her, but she could choose to keep a loving heart.

Fanny's life reminds us that love does not envy. Even when someone else is noticed more than we are, God can help us use our own gifts faithfully and rejoice when others are blessed.

💬 Discussion Questions:

- How did Joseph's brothers feel when they saw his special coat?
- Why did Fanny choose to love her brother instead of being jealous?
- What is something you can do when you start to feel jealous?

🎨 Activity:

Play a game of "Encouragement Circle." Sit in a circle and pass a soft ball while music plays. When the music stops, the person holding the ball says one kind or encouraging thing about the person next to them.

Afterward, talk about how encouraging others instead of comparing or being jealous helps keep our hearts peaceful and joyful.

Envy — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#115) — NKJV

James 3:16-18 "For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace."

❤️ Apply the Promise!

*Envy brings confusion and trouble, but God's wisdom is pure, gentle, and peaceful.
Instead of fighting for attention, we can choose to be kind and peaceful.*

📖 Bible Story (Numbers 16)

God chose Moses to lead the Israelites, and He chose Aaron to be the high priest. Moses did not ask to be in charge; he simply obeyed what God commanded. But a man named Korah began watching Moses and Aaron with an envious heart. Korah already had a special job helping care for God's tent, but it was not enough for him. He wanted the power and the attention that Moses received from the people.

Korah allowed jealousy to take over his mind. He went to two hundred and fifty other leaders in the camp and convinced them to turn against Moses. They marched right up to Moses and demanded, "You take too much upon yourselves! All the people are holy. Why do you lift yourselves up above everyone else?" Moses fell on his face in sadness. He knew that by envying his position, Korah was not just fighting a man; he was fighting against God's plan.

Moses told Korah and his followers to bring their incense burners the next morning, so the Lord could show everyone whom He had chosen. The next day, as the men stood at the door of the tent, God's glory appeared for everyone to see. To show that Moses and Aaron were His true servants, the ground split wide open. The earth swallowed up Korah and the men who followed him, and the rebellion ended. Korah's envy only brought confusion and trouble to the camp.

Korah's story warns us that envy and strife do not bring peace. When we want the place God has given someone else, our hearts become restless and unhappy. God's wisdom is gentle and peaceable. He wants us to serve faithfully where He has placed us.

💬 Discussion Questions:

- What happened to Korah because he allowed jealousy and strife to grow in his heart?
- How did George Whitefield respond when people told him John Wesley was becoming more well known?
- If a friend does better than you at something, how can you choose to be a peacemaker instead of being jealous?

☀️ True Story

Many years ago, two preachers lived in England named George Whitefield and John Wesley. Both men loved Jesus and traveled across the country to share the gospel. They often preached to large crowds in open fields because the church buildings were too small. Sometimes, George would preach to thousands of workers who would stand in the rain just to hear him speak about God's love.

George began his work first and was well-known. But later, John Wesley also began preaching, and soon, huge crowds started gathering to hear him as well. Some people tried to cause trouble between the two friends. They went to George and whispered, "Look! John is becoming more famous than you. He is taking away your crowds and getting all the attention!"

It would have been easy for George to feel jealous. He could have argued, complained, and tried to compete to keep his spot as the most popular preacher. But George refused to let envy grow in his heart. Instead of getting upset, George smiled. He said he did not mind at all if people forgot his name, as long as they remembered the name of Jesus.

Later, someone tried to stir up more jealousy by asking George if he expected to see John Wesley in heaven. George gave a kind answer. He said, "No, I do not. John will be so close to the throne of God, and I will be so far back, that I will hardly catch a glimpse of him!" Because George chose peace, both men were able to work together.

Choosing to celebrate the success of others keeps our hearts free from envy and full of peace.

🎈 Activity:

Play "Peacemaker Keep-Up! Blow up a balloon and try to keep it in the air as a group. You must take turns hitting it, and no one can hit it twice in a row!

Afterward, talk about how sharing and taking turns keeps the game peaceful and fun. When we stop trying to get all the attention and choose to work together, it brings peace—just like God's wisdom teaches us.