

ENVY IS . . .	JEALOUSY IS . . .
Empty hands <i>hungry to be filled</i>	Full hands <i>fearing to be emptied</i>
A burning desire to get	A burning desire to keep
Craving what <i>another has</i>	Clinging to what <i>one has</i>
Focused on <i>gaining</i>	Focused on <i>losing</i>
Fueled by a sense of <i>entitlement</i>	Fueled by a sense of <i>retaining control</i>
Rooted in ambitious <i>pride</i>	Rooted in anxious <i>fear</i>
Usually involving <i>two</i> people (e.g., you envy someone who has what you want)	Usually involving <i>three</i> or more people (e.g., you feel jealous over an outside rival)

What is the ultimate solution to struggling with these painful emotions? The answer is learning to be content with what we have in our lives. Contentment is a wonderful state of satisfaction and serenity, comfort and fulfillment, pleasure and a heart at peace. This comes much more easily for those who yield their lives to the Lord. *"If they obey and serve him, they will spend the rest of their days in prosperity and their years in contentment"* (Job 36:11).