**Toxic Emotions** (Series Graphic)

**Anger**

1. Just **let it go**.
2. Focus your anger on the **right things**.
3. Affirm lots of **truth** first.
4. Take the **offense** and the **offender** to the Lord.

God is better at **justice** and **righteousness** than you.

**Jealousy**

(Proverbs 27:4)

"Wrath is cruel, anger is overwhelming, but who can stand before **jealousy**?"

(Genesis 4:2-8)

“Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. And Abel also brought and offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain **was very angry**, and his face was downcast. Then the Lord said to Cain, “Why are you angry? Why is your face downcast? If you do what is right, will not be accepted? But if you do not do what is right, **sin is crouching at your door**; it desires to have you, but **you must rule over it**.” Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and **killed** him.”

1. Jealousy makes normally reasonable people do **harmful** things.

(1 Corinthians 3:3)

"You are still **worldly**. For since there is **jealousy** and quarreling among you, are you not **worldly**?”

**Jealousy** is crouching at your door, but **you must rule over it**.

(Proverbs 14:30)

"A **heart at peace** gives life to the body, but **envy rots the bones**."

1. Jealousy **destroys** your life from within.

**How to know if jealousy is destroying your life:** *\*\*build a list here\*\**

1. The person you resent—does it irritate you when they succeed?
2. Would it make you happy if they failed?
3. Do you only see what’s wrong with them and not what is right?

(Proverbs 24:19-20)

“Do not fret because of evildoers or be envious of the wicked, for the evildoer has no future hope, and the lamp of the wicked will be snuffed out.”

(James 3:16)

"For where you have **envy** and **selfish ambition**, there you find **disorder** and every evil practice."

3. Jealousy is a form of **idolatry**.

(Proverbs 14:30)

"A **heart at peace** gives life to the body, but envy rots the bones."