

**Your Words: From Jealousy to Contentment**  
**Taming the Tongue Pt 3**  
Bud Wrenn Integrity 2/11/07

*1 Kings 21:9-10 .... "Call the citizens together for fasting and prayer and give Naboth a place of honor. Find two scoundrels who will accuse him of cursing God and the king. Then take him out and stone him to death."*

**Jealousy is exposed when you compare yourself with others in order to find areas in which you can ....**

- 1) highlight their perceived faults , or**
- 2) degrade something positive about them, to make you feel better about yourself.**

**Jealousy results in ....**

**Slander**

*Proverbs 25:18 Telling lies about others is as harmful as hitting them with an ax, wounding them with a sword, or shooting them with a sharp arrow.*

**Gossip**

*Proverbs 17:9 Disregarding another person's faults preserves love; telling about them separates close friends.*

**Untrustworthiness**

*Proverbs 11:13 A gossip goes around revealing secrets, but those who are trustworthy can keep a confidence.*

**My life's pursuit: A life lived with a healthy self-concept.**

*James 3:14 (NLT) But if you are bitterly jealous and there is selfish ambition in your hearts, don't brag about being wise. That is the worst kind of lie.*

**1) Embrace your identity in Christ.**

*Col. 3:1-2 Since you have been raised to new life with Christ, set your sights on the realities of heaven, ...Let heaven fill your thoughts. ...*

**2) Practice contentment instead of comparison.**

*Galatians 6:4-5 ... do what you should, for then you will enjoy the personal satisfaction of having done your work well, and you won't need to compare yourself to anyone else.....*

**3) Forgive & forget rather than remember and resent.**

*Romans 12:18-19 ...., get along with everybody. Don't insist on getting even; that's not for you to do. "I'll do the judging," says God. "I'll take care of it."*

**4) Focus on your own productivity.**

*2 Thes. 3:11-12 Yet we hear that some of you are living idle lives, refusing to work and wasting time meddling in other people's business. ... Settle down and get to work. Earn your own living.*

**5) Choose your company carefully.**

*Proverbs 20:19 A gossip tells secrets, so don't hang around with someone who talks too much.*

*Proverbs 13:20 Whoever walks with the wise will become wise; whoever walks with fools will suffer harm.*