Crushing Envy: A 21-Day Journey To Growth



Expose envy in your heart and replace it with gratitude and contentment through this transformative 21-day growth Bible study.





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Introduction

Welcome to a transformative 21-day journey focused on *Growth* by crushing the root of envy in your heart. Envy, a subtle and often hidden sin, can silently stunt our spiritual growth, rob us of joy, and damage relationships. This study is designed to help you *expose envy*, understand its roots, and intentionally cultivate gratitude and contentment instead.

Envy is more than wanting what others have. It's an inward battle that can leave us feeling dissatisfied, restless, and even bitter. The Bible warns us against envy multiple times and shows us how it can destroy the soul (*Proverbs 14:30*). But God's Word also offers a clear path to freedom—one that replaces envy with thanksgiving and contentment.

Over the next 21 days, you will engage daily with Scripture, reflective questions, and prayer that will challenge your heart. We'll walk through passages that help you identify envy's roots, reveal God's heart for you, and encourage a life anchored in gratitude and peace. By the end of this study, *you will:*

- Recognize and confess envy in your heart
- Learn to appreciate God's unique blessings in your life
- Establish a lifestyle of contentment and thankfulness
- Grow deeper in your relationship with God and others







Growth is a process, not an event. This plan is intentionally designed to move you from awareness to transformation. Remember, God's grace is sufficient for every step. Let His Word be your guide, and His Spirit your strength.

As you dive into each day, *pray for open eyes and a heart ready to receive God's truth.* Allow Him to replace envy's creeping roots with overflowing joy and peace.

Let's begin this journey of crushing envy and embracing grateful growth together.

















Your Verse

Proverbs 14:30 – "A heart at peace gives life to the body, but envy rots the bones."

Supporting Scriptures

- James 3:16 "For where you have envy and selfish ambition, there you find disorder and every evil practice."
- Galatians 5:26 "Let us not become conceited, provoking and envying each other."







Devotional: Understanding the Cost of Envy

Envy doesn't just affect our emotions—it affects our entire being. Proverbs 14:30 vividly describes envy as something that 'rots the bones.' This metaphor reveals envy's destructive power deep within us, robbing peace and life from our hearts and bodies.

It often starts small, a fleeting comparison or jealousy, but unchecked, it grows into bitterness, resentment, and disorder, as James warns. Envy disrupts the harmony God intends for our lives and damages both our relationships with others and with Him.

Today, take a moment to honestly examine your heart. Are there areas where envy is secretly taking root? Which relationships or situations spark feelings of dissatisfaction or jealousy? Recognizing envy is the crucial first step to uprooting it.

Remember, envy is a signpost pointing to deeper needs—perhaps insecurity, ungratefulness, or misplaced identity. God invites you to bring these to Him, knowing that true peace and growth come from His love and provision alone.







Reflect and Apply

| | Can I identify moments recently when I felt envy? What triggered these feelings? |
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| 2. | How has envy affected my peace of mind or relationships? |
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| | What might God be showing me about my deeper needs through these feelings? |
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Journaling Prompts

| 1. | Write about a recent experience where envy surfaced and how it made you feel. |
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| 2. | List three blessings in your life that you are truly grateful for today. |
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| 3. | Reflect on what peace feels like in your body and mind—how does it contrast with envy? |
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Prayer for Today

Lord, open my eyes to see and confess the envy in my heart. Help me understand its impact and lead me to find true peace in You alone. Replace my jealousy with gratitude and contentment. Teach me to trust Your timing and provision. May Your peace guard my heart and mind as I begin this journey. Amen.

















Your Verse

Philippians 4:11-13 - "...I have learned to be content whatever the circumstances... I can do all this through him who gives me strength."

Supporting Scriptures

- 1 Timothy 6:6 "But godliness with contentment is great gain."
- Hebrews 13:5 "Keep your lives free from the love of money and be content with what you have."







Devotional: Learning True Contentment In Christ

Paul's words in Philippians 4 teach a powerful lesson: **contentment is learned, not accidental.** Despite hardships and uncertainty, Paul declares his ability to be content, powered not by circumstances but by Christ's strength.

Envy often stems from the lie that we need more—to have what others have —to be happy. However, Scripture repeatedly calls us to trust in God's provision and find satisfaction in Him alone.

Today, meditate on God's faithfulness. Reflect on the times He has sustained you. Contentment is a fruit of faith that grows as we focus on God's sufficiency rather than our desires or comparisons.

When envy tempts you, recall that God's provision is tailored just for you and is perfectly timed. Let gratitude replace lack, and openness to His strength fill your heart.







Reflect and Apply

| 1. | In what ways do I find it hard to be content with what I have? |
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| 2. | How can remembering God's provision help overcome feelings of envy? |
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| 3. | What practical steps can I take to cultivate contentment daily? |
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Journaling Prompts

| | Write about a time when God's strength helped you be content despite difficulty. |
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| | |
| 2. | Make a list of things you currently have that God has provided. |
| | |
| | Describe how your perspective changes when you focus on God's provision rather than envy. |
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Prayer for Today

Father, teach me to be content in all circumstances through Your strength.

Help me to resist envy and trust Your perfect provision for my life. Cultivate a grateful heart that sees Your blessings clearly. May I find joy and peace in knowing You are enough. In Jesus' name, Amen. 🙏 🎇 💚

















Your Verse

Ephesians 4:31–32 – "Get rid of all bitterness...Be kind and compassionate to one another, forgiving each other..."

Supporting Scriptures

- Hebrews 12:15 "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble."
- Colossians 3:13 "Bear with each other and forgive one another..."







Devotional: Removing Bitterness To Prevent Envy Growth

Bitterness and envy often grow side by side, feeding off each other. The apostle Paul urges believers to clear their hearts of bitterness, anger, and wrath to make room for kindness and forgiveness.

Bitterness acts like poison to our souls, causing division and inner turmoil. Hebrews warns us to be vigilant so that no 'bitter root' takes hold, which can lead to spiritual decay and relational conflict.

Envy thrives in unforgiveness and grudge-holding. As you seek to crush envy, identify any bitterness you carry towards others or yourself. God's grace calls us to forgive—to release pain and open our hearts to healing.

Today, invite God to reveal bitterness hidden in your heart. Confess it, ask for His help to forgive, and receive His peace that restores relationships and renews you from within.







Reflect and Apply

| 1. | Is there bitterness or unforgiveness in my heart fueling envy? |
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| | How does holding onto bitterness affect my relationships and spiritual health? |
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| 3. | What does forgiveness look like for me right now? |
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Journaling Prompts

| Write about any grudges or bitterness you need to surrender to God. |
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| List people you might need to forgive to free your heart from envy. |
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| Reflect on how forgiveness can bring healing and renewed joy. |
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Prayer for Today

Lord, search my heart and reveal any bitterness I am holding onto. Help me forgive as You forgive me, freeing my soul from envy's grip. Fill me with kindness and compassion for others. Heal my relationships and let Your peace reign. In Jesus' name, Amen.

















Day 4: ♦ Cultivating Gratitude Daily

Your Verse

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances..."

Supporting Scriptures

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."







Day 4: ♦ Cultivating Gratitude Daily

Devotional: Gratitude as a Weapon Against Envy

Gratitude transforms our perspective and attitudes. Paul's exhortation to give thanks in every circumstance offers us a powerful weapon against envy's consuming nature. When we actively look for reasons to thank God, we shift focus from what we lack to what we have been graciously given.

Envy erodes happiness, but gratitude nurtures joy and peace. It invites us to celebrate God's goodness—not only in our lives but in others' blessings as well.

Make gratitude a habit today. Start your morning or end your day by listing things that fill your heart with thankfulness. Let this daily practice reshape your heart, pushing out jealousy and replacing it with contentment rooted in God's unchanging love.







Day 4: 🛆 Cultivating Gratitude Daily

Reflect and Apply

| 1. | How often do I intentionally stop to thank God throughout my day? |
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| 2. | In what ways can gratitude reshape my response to envy? |
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| 3. | What new habits can I form to cultivate a grateful heart? |
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Day 4: 🛆 Cultivating Gratitude Daily

Journaling Prompts

| 1. | List five specific things you are thankful for right now. |
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| | Reflect on how gratitude has positively affected your relationship with God or others. |
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| | Write about a time you chose gratitude over envy—what was different that day? |
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Day 4: ♦ Cultivating Gratitude Daily

Prayer for Today

Heavenly Father, cultivate in me a heart of gratitude. Help me rejoice always, to give thanks in all circumstances, and to see Your goodness clearly. Use gratitude to push out envy and fill me with Your peace. Teach me to celebrate Your blessings in my life and the lives of others. Amen. 🙏 🏶

















Day 5: 👺 Finding Joy in Others' Success

Your Verse

Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."

Supporting Scriptures

- 1 Corinthians 13:4 "Love is patient, love is kind...It does not envy..."
- Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves..."







Day 5: 👺 Finding Joy in Others' Success

Devotional: Celebrating Others Lifts Your Spirit

One of envy's hardest challenges is seeing others thrive and succeed. The apostle Paul urges us to rejoice genuinely with those who rejoice, reflecting God's love that is patient, kind, and free from envy.

Choosing joy for others is a discipline that breaks envy's hold. It tests our humility and trust in God's unique plan and timing for each person. Celebrating others does not diminish our own destiny but enriches the community of faith.

Today, intentionally celebrate someone's blessing or achievement. Let your heart delight in their joy. As you do, ask God to fill your heart with love and peace, aligning your desires with His will rather than comparison.







Day 5: 🔁 Finding Joy in Others' Success

Reflect and Apply

| 1. | How do I typically react when others experience success or blessings? |
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| 2. | What fears or insecurities might envy be hiding within me? |
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| 3. | How can I practically practice rejoicing with others this week? |
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Day 5: 🔁 Finding Joy in Others' Success

Journaling Prompts

| | Write about a recent moment when you struggled to rejoice with someone. |
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| 2. | List people you can pray for and genuinely celebrate today. |
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| 3. | Reflect on how celebrating others impacts your own spiritual growth. |
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Day 5: 🔁 Finding Joy in Others' Success

Prayer for Today

Lord, teach me to rejoice with those who rejoice. Help me love others with patience and kindness that is free from envy. Replace jealousy with genuine joy for their blessings. Strengthen my humility and trust Your plan for my life. Fill me with Your peace as I celebrate others. Amen.







Day 6: Fembracing Your Unique Journey









Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to prosper you and not to harm you..."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works..."







Devotional: Trusting God's Unique Plan for You

Comparison fuels envy, but trusting in God's unique plan cures it. God's promise in Jeremiah 29:11 is a powerful reminder that He has intentional, good purposes for your life. Your journey, with all its twists and turns, is designed by a loving Creator who celebrates your individuality.

Psalm 139 praises the intricate way God made you—fearfully and wonderfully. Ephesians reminds us that we are His handiwork, uniquely created for a purpose only we can fulfill.

Today, reflect on your own path. Are you tempted to compare or envy someone else's? Instead, embrace your distinct story, trusting that God is at work, growing you according to His perfect plan.







Reflect and Apply

| 1. | In what areas do I struggle with comparing my life to others? |
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| 2. | How does knowing God has a specific plan for me affect my outlook? |
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| 3. | What steps can I take to embrace my unique calling and gifts? |
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Journaling Prompts

| | Write about aspects of your life that make your journey unique and special. |
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| 2. | List gifts and talents God has given you that differentiate your path. |
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| 3. | Reflect on how trusting God's plan can free you from envy. |
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Prayer for Today

Father, thank You for creating me uniquely and lovingly. Help me trust Your plans and embrace my journey without envy. Remind me that I am fearfully made and designed for good works. Strengthen my faith to walk confidently in Your purpose, content with where You lead. Amen.









Day 7: W Cultivating Humility









Day 7:
Cultivating Humility

Your Verse

Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."

Supporting Scriptures

- James 4:6 "God opposes the proud but shows favor to the humble."
- Proverbs 3:34 "He mocks proud mockers but shows favor to the humble and oppressed."







Day 7: ② Cultivating Humility

Devotional: Humility as an Antidote to Envy

Envy often roots itself in pride—thinking we deserve more or are entitled to certain blessings. Paul exhorts us to embrace humility, considering others better than ourselves.

Humility transforms our hearts by shifting focus away from comparison and entitlement toward service and love. God honors the humble and resists the proud because humility reflects His character more closely.

Today, ask God to cultivate humility in your heart. Reflect on ways you can put others first and celebrate their strengths. As humility grows, envy loses its power and peace expands.







Day 7: 💮 Cultivating Humility

Reflect and Apply

| 1. | How does pride fuel envy in my life? |
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| 2. | In what ways can embracing humility impact my relationships? |
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| 3. | What practical acts of humility can I do today? |
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Day 7: 💮 Cultivating Humility

Journaling Prompts

| 1. | Write about moments where pride has interfered with your contentment. |
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| 2. | List ways you can serve others selflessly this week. |
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| | Reflect on how humility changes your perspective about others' blessings. |
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Day 7: 🛱 Cultivating Humility

Prayer for Today

Lord, humble my heart so I may see others through Your eyes. Rid me of pride and envy, and help me to honor and rejoice in others. Teach me to serve with a joyful, humble spirit that reflects Christ's love. Amen.

















Day 8: 6 Guarding Your Heart

Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- Matthew 6:21 "For where your treasure is, there your heart will be also."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 8: 🖰 Guarding Your Heart

Devotional: Protecting Your Heart From Envy's Entrance

Proverbs 4:23 advises us to guard our hearts because it directs our entire life. Envy often gains entry through our hearts—our desires, thoughts, and affections.

Guarding your heart means carefully choosing what you dwell on and hold precious. Jesus reminds us that where our treasure is, there our heart will be. So, if our heart treasures comparison and jealousy, envy will grow. But if we treasure God's Word and promises, we protect our hearts from sin.

Today, evaluate what you allow your heart to focus on. Meditate on Scripture and fill your mind with God's truths. Intentionally protect your heart by choosing gratitude, love, and contentment.







Day 8: 🖰 Guarding Your Heart

Reflect and Apply

| 1. | What do I currently treasure most in my heart? |
|----|--|
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| 2. | How does what I focus on influence feelings of envy? |
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| 3. | What intentional practices can I adopt to guard my heart better? |
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Day 8: 🖰 Guarding Your Heart

Journaling Prompts

| 1. | Write about distractions or influences that stir envy in your heart. |
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| 2. | List Scriptures that help you focus on God's promises and peace. |
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| 3. | Reflect on daily steps to protect your heart against unhealthy desires. |
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Day 8: 6 Guarding Your Heart

Prayer for Today

Father, help me guard my heart diligently. Shift my treasure to You and Your Word, so envy may find no foothold. Teach me to focus daily on Your truth, filling my heart with peace and contentment. Amen. \bigwedge









Day 9: 🗱 Renewing Your Mind









Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- 2 Corinthians 10:5 "Take every thought captive to make it obedient to Christ."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."







Devotional: Transforming Thought Patterns to Conquer Envy

Our thought life shapes our emotions and actions. Romans calls us to resist worldly patterns—such as comparison and dissatisfaction—and instead experience transformation through a renewed mind.

Capturing and redirecting thoughts rooted in envy is crucial. Scripture reminds us to make every thought obedient to Christ, aligning our focus with His truth is how we overcome envy's deceit.

Today, pay attention to your thoughts. When envy or comparison arises, gently bring those thoughts before God. Replace them with affirmations of His love, provision, and your unique worth in Him.







Reflect and Apply

| 1. | What common thoughts trigger envy or discontent in me? |
|----|--|
| | |
| 2. | How can I practically capture and replace negative thoughts? |
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| 3. | What Scriptures or truths can affirm my value and contentment? |
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Journaling Prompts

| 1. | Identify specific thought patterns that lead to envy. |
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| 2. | Write down verses you can meditate on to renew your mind. |
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| 3. | Reflect on moments when changing your thoughts brought peace. |
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Prayer for Today

















Your Verse

Mark 12:31 - "Love your neighbor as yourself."

Supporting Scriptures

- Psalm 139:13-14 "I praise you because I am fearfully and wonderfully made."
- Ephesians 5:29 "No one ever hated their own body, but they feed and care for their body..."







Devotional: Healthy Self-Love Overcomes Envy

Loving your neighbor as yourself assumes a healthy love and respect for who you are. Envy can sometimes mask underlying self-rejection or insecurity.

God's design is for you to love and care for yourself well. Psalm 139 beautifully affirms your unique and wonderful creation. Ephesians reminds us that we naturally care for our bodies—this principle extends spiritually and emotionally as well.

Today, embrace God's love for you personally. Affirm your worth in His eyes. Reject self-comparison by nurturing self-respect and kindness, knowing You are His beloved child.







Reflect and Apply

| 1. | How do I currently view and treat myself? |
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| | What barriers exist that prevent me from loving myself fully in God's way? |
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| 3. | How can better self-love reduce my envy toward others? |
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Journaling Prompts

| 1. | Write a letter to yourself affirming your God-given value and uniqueness. |
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| 2. | List ways you can care for and love yourself spiritually and emotionally. |
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| 3. | Reflect on how healthy self-love empowers you to love others well. |
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Prayer for Today

God, help me understand and accept Your deep love for me. Teach me to love myself healthily and kindly, recognizing my worth in You. Drive out envy by filling my heart with Your affirming love. Amen. \triangle

















Your Verse

Acts 20:35 - "It is more blessed to give than to receive."

Supporting Scriptures

- Galatians 5:13 "Serve one another humbly in love."
- 1 Peter 4:10 "Each of you should use whatever gift you have received to serve others..."







Devotional: Find Joy in Serving to Diminish Envy

Serving others redirects our focus from what we lack to how we can bless and uplift those around us. Acts 20:35 reminds us that giving brings more blessing than receiving.

Joy emerges as we selflessly use our gifts for others. This counters envy by fostering community, gratitude, and purpose.

Today, seek an opportunity to serve with humility and love. Whether big or small, acts of service fill your heart with joy and dilute envy's influence.







Reflect and Apply

| 1. | How often do I serve with joy versus obligation? |
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| 2. | In what ways does serving others shift my focus from envy? |
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| 3. | What gifts has God given me to bless those around me? |
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Journaling Prompts

| 1. | List the gifts and talents you can use to serve others. |
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| | |
| 2. | Write about a recent service experience and how it impacted you. |
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| 3. | Reflect on new ways to serve joyfully this week. |
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Prayer for Today

Lord, guide me to serve others with a joyful and humble heart. Help me see the blessing in giving and to use my gifts for Your glory. Replace envy with a desire to bless and uplift those around me. Amen. 4









Day 12: Trusting God's Timing









Day 12: 🎡 Trusting God's Timing

Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 12: 💮 Trusting God's Timing

Devotional: Patience in God's Perfect Timing

Envy often thrives when we desire what others have ahead of God's timing. Ecclesiastes reminds us that life unfolds in seasons ordained by God.

Learning to wait patiently builds character and trust. Psalm 27 and Isaiah 40 encourage believers to find strength and hope while waiting on the Lord.

Today, pray for patience and faithfulness in your current season. Release impatience and envy, surrendering your timeline to God's trustworthy plan.







Day 12: 🏠 Trusting God's Timing

Reflect and Apply

| 1. | How does impatience affect my temptation to envy? |
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| 2. | What does trusting God's timing look like in my life now? |
| | |
| 3. | How can waiting well glorify God and grow my character? |
| | |







Day 12: 🏠 Trusting God's Timing

Journaling Prompts

| 1. | Write about a season where trusting God's timing brought good fruit. |
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| 2. | List current areas where you need patience and faith. |
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| 3. | Reflect on steps to grow in trust and surrender in waiting. |
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Day 12:
Trusting God's Timing

Prayer for Today

Father, teach me to trust Your timing and plans. Grant me patience and strength to wait faithfully without envy. Help me surrender my desires to Your perfect will and find peace in every season. Amen. \triangle









Day 13: 🔪 Letting Go of Control









Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding..."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Matthew 11:28 "Come to me, all you who are weary and burdened..."







Devotional: Freedom in Surrendering Control

Envy often flourishes when we try to control outcomes or compare paths. Proverbs encourages us to trust fully in the Lord, not relying solely on our own understanding.

Surrendering control to God brings freedom. Being still in His presence and casting our burdens on Him invites rest for our anxious hearts.

Today, practice letting go of control. Recognize where envy arises from grasping for what isn't yours, and instead place your trust fully in God's sovereign care.







Reflect and Apply

| 1. | Where am I trying to control outcomes instead of trusting God? |
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| | |
| 2. | How does surrender relieve the pressure that feeds envy? |
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| 3. | What steps can I take to lean more fully on God daily? |
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Journaling Prompts

| 1. | Write about areas of your life where you struggle to let go. |
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| 2. | Reflect on past experiences where trusting God brought peace. |
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| 3. | List ways to remind yourself to surrender control regularly. |
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Prayer for Today

Lord, teach me to trust You wholeheartedly and release control. Help me find rest in Your sovereignty and peace in surrender. Banish envy by rooting my confidence in You alone. Amen. 🙏 💝















Your Verse

Hebrews 13:5 - "Keep your lives free from the love of money and be content with what you have."

Supporting Scriptures

- 1 Timothy 6:8 "If we have food and clothing, we will be content with that."
- Philippians 4:6-7 "Do not be anxious about anything...and the peace of God, which transcends all understanding, will guard your hearts."







Devotional: Peace Found in Contentment

Contentment is a choice and a gift, allowing us to live at peace regardless of circumstances. Hebrews calls us to be free from the love of possessions and embrace contentment.

This peace guards our hearts and fights envy's unrest. When we settle into contentment, anxiety fades and joy grows.

Today, practice embracing contentment. Identify areas where discontent creeps in and thank God for His provision in those areas.







Reflect and Apply

| 1. | What areas of my life lack contentment? |
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| 2. | How can contentment bring peace amid challenges? |
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| 3. | What helps me maintain contentment over comparison? |
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Journaling Prompts

| 1. | List things you can be content with today. |
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| 2. | Write about moments when contentment brought you peace. |
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| 3. | Reflect on how peace guards your heart against envy. |
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Prayer for Today

Father, cultivate in me a spirit of contentment that brings peace. Help me reject envy and anxiety by trusting in Your provision. Guard my heart with Your peace that surpasses understanding. Amen.















Your Verse

1 John 4:18 - "There is no fear in love. But perfect love drives out fear..."

Supporting Scriptures

- Romans 8:38–39 "Nothing can separate us from the love of God..."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves."







Devotional: Confidence Without Comparison

Perfect love from God casts out fear and insecurity, feelings that often fuel envy. Knowing we are deeply loved by God gives us humble confidence—neither arrogant nor insecure.

Nothing can separate us from God's love, which secures our identity and worth apart from comparison.

Today, rest in God's love for you. Let this love build your confidence and prevent the lies that envy whispers.







Reflect and Apply

| 1. | Where do I experience fear or insecurity that sparks envy? |
|----|--|
| | |
| 2. | How does God's perfect love calm these fears? |
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| 3. | How can confident humility transform my view of myself and others? |
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Journaling Prompts

| Write about ways God's love has reassured you in fearful moments. |
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| List fears that fuel envy in your life to surrender to God. |
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| Reflect on how confident humility looks in your daily walk. |
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Prayer for Today

Lord, thank You for Your perfect love that drives out fear. Help me live confidently in Your love, free from envy and insecurity. Fill me with humble confidence and peace as I trust You. Amen. \triangle

















Your Verse

James 1:2-3 - "Consider it pure joy...whenever you face trials..."

Supporting Scriptures

- Romans 5:3-5 "Suffering produces perseverance; perseverance, character; character, hope."
- 1 Peter 1:6-7 "These trials...prove the genuineness of your faith."







Devotional: Joy in Growth Despite Challenges

Trials and hardships tempt us toward envy of those seemingly without struggles. James invites us, however, to find joy in testing because it produces growth and mature faith.

Challenges refine character and deepen dependence on God. Rejoicing in trials reshapes our perspective away from comparison and toward spiritual maturity.

Today, ask God to help you rejoice in your trials. Trust He is working for your good, and let gratitude and hope replace envy's dissatisfaction.







Reflect and Apply

| 1. | How do I typically respond to trials and difficulties? |
|----|--|
| | |
| 2. | What blessings or growth have come through past hardships? |
| | |
| 3. | How can I cultivate joy in current challenges instead of envy? |
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Journaling Prompts

| 1. | Describe a trial that strengthened your faith or character. |
|----|--|
| | |
| 2. | Write a prayer of gratitude for God's work in tough circumstances. |
| | |
| 3. | Reflect on ways to rejoice even when life is hard. |
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Prayer for Today

Father, help me find joy amid trials and challenges. Remind me that growth often comes through struggle, and guard my heart against envy. Strengthen my faith and fill me with hope in every circumstance. Amen.









Day 17: 🌽 Practicing Generosity









Day 17: **Practicing Generosity**

Your Verse

2 Corinthians 9:7 - "Each of you should give what you have decided in your heart to give... for God loves a cheerful giver."

Supporting Scriptures

- Acts 20:35 "It is more blessed to give than to receive."
- Proverbs 11:25 "A generous person will prosper; whoever refreshes others will be refreshed."







Day 17: **Practicing Generosity**

Devotional: Generosity Heals Envy and Builds Joy

Generosity counters selfishness and envy by focusing our hearts on blessing others. Paul encourages cheerful giving, which opens the door for joy and provision.

Giving is a tangible act of trusting God's abundance. As we bless others, we reflect God's heart and experience refreshing ourselves.

Today, look for an opportunity to give generously of your time, resources, or encouragement. Let generosity break envy's hold and produce joy.







Day 17: 💋 Practicing Generosity

Reflect and Apply

| 1. | How does generosity impact my feelings toward others' blessings? |
|----|--|
| | |
| 2. | What holds me back from giving cheerfully or freely? |
| | |
| 3. | How can cultivating generosity change my heart posture? |
| | |







Day 17: 💋 Practicing Generosity

Journaling Prompts

| 1. | Write about a time your generosity brought joy to you or someone else. |
|----|--|
| | |
| 2. | List ways you can be generous beyond finances. |
| | |
| 3. | Reflect on how giving reshapes envy into blessing. |
| | |







Day 17: 💋 Practicing Generosity

Prayer for Today

Lord, give me a generous heart that loves to bless others. Help me give cheerfully, trusting Your provision. Heal envy by focusing on others' needs and Your abundant grace. Amen. \bigwedge









Day 18: Eyes on Jesus









Day 18: 😂 Fixing Eyes on Jesus

Your Verse

Hebrews 12:2 - "Fixing our eyes on Jesus, the pioneer and perfecter of faith."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."
- Psalm 16:8 "I keep my eyes always on the Lord..."







Day 18: 👺 Fixing Eyes on Jesus

Devotional: Focus on Christ to Defeat Envy

Keeping our focus on Jesus strengthens faith and guards against envy's distractions. He is the perfect example of contentment and trust in God's plan.

When our eyes are fixed on Christ, we gain peace and perspective. This steady focus frees us from comparison and dissatisfaction.

Today, intentionally fix your eyes on Jesus through prayer and Scripture meditation. Let His example inspire contentment and growth.







Day 18: 🎇 Fixing Eyes on Jesus

Reflect and Apply

| 1. | How often do I consciously fix my eyes on Jesus in daily life? |
|----|--|
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| 2. | How does focusing on Christ reduce envy and discontent? |
| | |
| 3. | What distractions pull my attention away and how can I counter them? |
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| | |







Day 18: 🎇 Fixing Eyes on Jesus

Journaling Prompts

| 1. | Write about how Jesus' life and example inspire your contentment. |
|----|---|
| | |
| 2. | List ways to incorporate more Christ-centered focus each day. |
| | |
| 3. | Reflect on how peace grows when you fix your eyes on Jesus. |
| | |







Day 18: 😂 Fixing Eyes on Jesus

Prayer for Today

Jesus, help me fix my eyes on You above all else. Strengthen my faith and guard my heart from envy. Teach me to trust Your perfect example and rest in Your peace. Amen.







Day 19: 💋 Encouraging Others in Growth









Day 19: BEncouraging Others in Growth

Your Verse

1 Thessalonians 5:11 - "Therefore encourage one another and build each other up."

Supporting Scriptures

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."
- Ecclesiastes 4:9 "Two are better than one..."







Day 19: BEncouraging Others in Growth

Devotional: Building a Community That Defeats Envy

Community plays a vital role in growth and overcoming envy. Encouraging one another strengthens faith and fosters gratitude rather than jealousy.

Sharing our journeys and spurring each other on creates an environment of love. This mutual support breaks envy's isolation and plants seeds of contentment.

Today, reach out with encouragement or accountability. Build connections that uplift and help crush envy's roots.







Day 19: B Encouraging Others in Growth

Reflect and Apply

| 1. | Who in my life encourages me in spiritual growth? |
|----|---|
| | |
| 2. | How can I be an encouragement to others struggling with envy? |
| | |
| 3. | What role does community play in cultivating contentment? |
| | |







Day 19: B Encouraging Others in Growth

Journaling Prompts

| 1. | Write about someone who has encouraged you recently. |
|----|--|
| | |
| 2. | List ways to encourage and support others in faith. |
| | |
| 3. | Reflect on the importance of shared growth in community. |
| | |







Day 19: **B** Encouraging Others in Growth

Prayer for Today

Lord, help me build and be part of a supportive community. Teach me to encourage others and receive encouragement in return. Let love and gratitude flourish among us as we grow. Amen. \bigwedge \heartsuit









Day 20: Celebrating Progress









Day 20: Celebrating Progress

Your Verse

Philippians 1:6 - "He who began a good work in you will carry it on to completion."

Supporting Scriptures

- 2 Corinthians 3:18 "Being transformed into His image with everincreasing glory."
- Psalm 126:3 "The Lord has done great things for us, and we are filled with joy."







Day 20: Celebrating Progress

Devotional: Rejoicing in Growth and Transformation

Growth is a process that God faithfully completes. Philippians encourages us to trust in the ongoing work He is doing within us.

Celebrating progress builds gratitude and combats envy. It recognizes God's grace and affirms the transformation taking place.

Today, reflect on how far God has brought you. Rejoice in steps of growth and give Him glory for your transformation.







Day 20: Celebrating Progress

Reflect and Apply

| motivation and joy? |
|---------------------|
| |
| in my life today? |
| |
| |







Day 20: Celebrating Progress

Journaling Prompts

| 1. | Write about milestones or changes in your heart during this study. |
|----|---|
| | |
| 2. | List ways God has demonstrated faithfulness in your growth. |
| | |
| 3. | Reflect on how celebrating progress fuels continued transformation. |
| | |







Day 20: Celebrating Progress

Prayer for Today

Father, thank You for the good work You've begun in me. Help me celebrate growth and trust You to complete the work. Fill me with joy and gratitude for Your transforming grace. Amen. 🙏 🗱

















Your Verse

Galatians 5:22–23 – "The fruit of the Spirit is...peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise."







Devotional: Embracing Freedom in the Spirit

As this 21-day journey concludes, the goal is freedom—free from envy, rooted in the fruit of the Spirit and a heart overflowing with gratitude.

Jesus liberates us fully. True freedom manifests in lives marked by peace, kindness, and self-control. Entering God's presence with thanksgiving becomes a natural response as growth takes deep root.

Today, commit to living free and grateful. Celebrate the Spirit's work in your life and step forward into ongoing transformation and joy.







Reflect and Apply

| How has this study changed my heart toward envy and gratitude? |
|--|
| |
| What fruit of the Spirit has grown strongest in my life? |
| |
| How will I continue nurturing growth beyond this plan? |
| |
| |







Journaling Prompts

| 1. | Write a personal commitment to live free of envy and full of gratitude. |
|----|---|
| | |
| 2. | List ways to cultivate Spirit-led fruit in your daily walk. |
| | |
| 3. | Reflect on the freedom found in Christ and how it impacts your life. |
| | |







Prayer for Today

Jesus, thank You for setting me free from envy and sin. Fill me with the fruit of Your Spirit and a grateful heart that praises You daily. Empower me to live in freedom, peace, and joy all my days. Amen. \bigwedge







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