Growing Through Grace: Healing Relationships Ruined by Envy



Discover God's grace to overcome envy, heal friendships, and restore broken relationships over 21 transformational days.



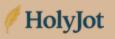


Table of contents

4
6
12
18
24
30
36
42
48
54
60
66
72
78
84
90
96











Introduction

Welcome to this 21-day study on Growth. Our focus is on *healing* relationships ruined by envy, a subtle but powerful force that can sabotage even our closest bonds. Envy breeds bitterness, division, and mistrust, but God's grace offers restoration and renewal.

Envy is often misunderstood as mere jealousy or desire for what others have. However, it runs deeper—it wounds hearts, stirs conflict, and clouds judgment. When left unchecked, envy fractures friendships and families, leaving pain and resentment in its wake.

Throughout this journey, we will explore biblical truths about envy's destructive nature and God's call to transformation. Scripture provides both warnings and hope: it exposes envy's grip, calls us to repentance, and invites us to live lovingly in freedom through Christ. We will learn practical steps toward reconciliation, humility, forgiveness, and trust as God's grace reshapes our hearts.

Each day includes **Scripture readings**, a devotional to encourage reflection and growth, and questions plus journaling prompts to deepen your encounter with God. Prayer is our lifeline—turn to Him for healing power that only His Spirit can provide.

Are you ready to release envy's hold and embrace the abundant life of restored relationships? Let us grow together in grace, love, and peace as we seek God's







healing grace for every broken connection. 🥬 💛

















Day 1: 7 Recognizing Envy's Roots

Your Verse

James 3:14–16 – "But if you harbor bitter envy and selfish ambition... then you are corrupt."

Supporting Scriptures

- Proverbs 14:30 "A heart at peace gives life to the body, but envy rots the bones."
- Galatians 5:19-21 "Envy... are obvious acts of the flesh..."







Day 1: 🍞 Recognizing Envy's Roots

Devotional: Spotting Envy's Quiet Destruction

Envy often starts quietly within us, disguised as dissatisfaction or comparison. James warns that bitter envy and selfish ambition corrupt our hearts and disrupt peace. When we harbor envy, it eats away our joy and damages relationships, much like a disease rots a body from inside.

Envy nurtures conflict and selfishness, pushing us to seek what others possess instead of embracing contentment. It clouds our judgment, leading to bitterness and broken friendships. The Bible clearly lists envy as a work of the flesh, something we must identify and confront.

Today, take time to honestly examine your heart. Are there resentments or jealous thoughts taking root? Recognizing envy's presence is the vital first step toward healing and growth.







Day 1: 🍞 Recognizing Envy's Roots

Reflect and Apply

1.	Where do I notice feelings of envy in my life or relationships?
2.	How has envy impacted my friendships or family?
3.	What internal or external signs reveal envy's influence in me?







Day 1: 🍞 Recognizing Envy's Roots

Journaling Prompts

1.	Write about a recent time you felt envy and how it affected you.
2.	Describe how envy shows up in your relationships.
3.	List areas where you desire God's help to overcome envy.







Day 1: 7 Recognizing Envy's Roots

Prayer for Today

Dear Lord, help me see envy for what it truly is—a poison that harms my heart and my relationships. *Give me wisdom* to recognize these feelings and courage to face them honestly. Teach me contentment and peace rooted in Your grace, so I can grow in love and unity with others. Restore broken connections through Your healing power. In Jesus' name, Amen.









Day 2: 💋 The Damage Envy Does









Day 2: 🥦 The Damage Envy Does

Your Verse

Proverbs 27:4 - "Anger is cruel and fury overwhelming, but who can stand before jealousy?"

Supporting Scriptures

- Ecclesiastes 4:4 "...envy is the rottenness of the bones."
- 1 Corinthians 13:5 "Love does not envy..."







Day 2: 🥬 The Damage Envy Does

Devotional: Seeing Envy's Harmful Power

Envy is exceedingly powerful and destructive. Proverbs compares jealousy to overwhelming fury—something difficult to withstand. It fuels anger and often causes irreparable damage.

Ecclesiastes likens envy to rottenness in the bones, an image that captures how deeply it can corrode our inner being. Unlike fleeting annoyances, envy shapes attitudes and behaviors, making reconciliation harder.

Most notably, love and envy cannot coexist. Paul reminds believers in 1 Corinthians that love does not envy. Envy undermines love's foundation—compassion, kindness, and selflessness—and replaces it with selfishness, suspicion, and resentment.

Understanding the destructive effect of envy motivates us to root it out. Today, reflect on areas where envy has caused harm, and seek God's grace for restoration.







Day 2: 💋 The Damage Envy Does

Reflect and Apply

1.	How has envy overwhelmed your emotions or actions?
2.	In what ways has envy caused damage in your relationships?
3.	How can focusing on God's love help combat envy?







Day 2: 💋 The Damage Envy Does

Journaling Prompts

1.	. Reflect on a relationship hurt by envy. What happened?
2.	. Write about how envy affected your feelings toward someone.
3.	. Journal prayers asking God to remove envy's influence.







Day 2: 🥦 The Damage Envy Does

Prayer for Today

Lord Jesus, reveal to me how envy has affected my heart and others around me. *Please heal* the wounds it has caused and fill me with Your perfect love that casts out envy altogether. Teach me to love with kindness and humility, reflecting Your grace. Restore relationships fractured by jealous feelings. Amen.















Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

Supporting Scriptures

- Ecclesiastes 4:9-10 "Two are better than one..."
- Psalm 133:1 "How good and pleasant it is when God's people live together in unity!"







Devotional: Friendship Strengthened or Weakened by Envy

Friendships are meant to sharpen, strengthen, and encourage us. Proverbs highlights this important truth: just as iron sharpens iron, friendships help us grow.

But envy distorts this dynamic. Instead of support, envy breeds competition and resentment, breaking down intimacy and trust. When friends envy each other's blessings or achievements, jealousy erodes the foundation of the relationship.

Ecclesiastes reminds us that two are better than one, emphasizing the value of companionship. Psalm celebrates unity among God's people as good and pleasant.

Today, ask God to reveal how envy affects your friendships and to help you cultivate grace-filled, uplifting relationships.







Reflect and Apply

1.	How has envy affected your closest friendships?
2.	What qualities in friendships can guard against envy?
3.	How can you be an agent of grace in relationships harmed by envy?







Journaling Prompts

1.	Write about a friendship that grew deeper through overcoming envy.
2.	Record ways you can encourage friends rather than compare.
3.	List practical steps to reconcile with friends strained by jealousy.







Prayer for Today

Father God, thank You for friendships that sharpen and support me. Help me *identify envy's influence* and choose love and unity instead. Teach me to celebrate others' blessings wholeheartedly and to be a source of encouragement and healing. Restore any friendships broken by jealousy. In Jesus' name, Amen. 💝 💸

















Day 4: 😂 Embracing Contentment

Your Verse

Philippians 4:11-13 - "I have learned to be content whatever the circumstances."

Supporting Scriptures

- 1 Timothy 6:6 "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."







Day 4: 🔀 Embracing Contentment

Devotional: Contentment Overcomes Envy's Grasp

Contentment is a powerful antidote to envy. The Apostle Paul models this by learning to be content no matter his situation.

Envy thrives on a restless desire for what others have. But contentment roots us in gratitude and trust in God's provision. It frees our hearts from comparison and bitterness.

1 Timothy shows that godliness combined with contentment is valuable, highlighting the spiritual dimension of being satisfied with God's blessings. Hebrews calls us to keep free from love of money and be content, which protects us from envy's grip.

Today, reflect on your level of contentment and ask God to nurture gratitude and peace in your heart.







Day 4: 🔅 Embracing Contentment

Reflect and Apply

1.	In what areas of life do you struggle to be content?
2.	How does contentment protect against envy?
3.	What practical habits cultivate gratitude and peace?







Day 4: 🐯 Embracing Contentment

Journaling Prompts

1.	List blessings you often overlook or take for granted.
2.	Write about times contentment helped you resist envy.
3.	Describe attitudes or actions that might increase your contentment.







Day 4: 😂 Embracing Contentment

Prayer for Today

Gracious Lord, teach me to be content in all circumstances. *Help me resist* envy by resting in Your perfect provision and love. Grow gratitude and peace deep within me, that I may rejoice in others' blessings without jealousy. Thank You for every gift You entrusted to me. Amen.

















Day 5: ① Guarding the 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 5: **(**) Guarding the Heart

Devotional: Protecting Your Heart from Envy

Envy begins in the heart, so protecting it is crucial. Proverbs warns us to guard our hearts because life flows from it. What we treasure and focus on shapes thoughts, feelings, and actions.

Jesus teaches that where our treasure is, there our hearts follow. If we treasure comparison or material gain over God and love, envy will have a foothold.

Psalm encourages us to hide God's Word in our hearts as a defense against sin, including envy. Scripture renews our minds and directs our desires toward holy, loving reflection rather than harmful comparisons.

Commit to guarding your heart today through prayer, Scripture, and wise choices that align your heart with God's will.







Day 5: **(**) Guarding the Heart

Reflect and Apply

1.	What do you treasure most, and how does this affect your heart?
2.	How can Scripture help you guard against envy?
3.	What practical steps strengthen your heart's defenses?







Day 5: ① Guarding the Heart

Journaling Prompts

1.	Write about personal temptations to envy and how you responded.
2.	List verse promises that help protect your heart.
3.	Describe specific ways you guard your thoughts daily.







Day 5: **(**) Guarding the Heart

Prayer for Today

Dear God, help me guard my heart above all else. *Shield me* from envy's subtle roots by focusing my desires on You and Your Word. Strengthen me with truth to stand firm against temptation and to cultivate love and peace instead. Plant Your Word deep within me. Amen. \square

















Your Verse

Ephesians 4:31–32 – "Get rid of all bitterness... Be kind and compassionate, forgiving each other, just as in Christ God forgave you."

- Colossians 3:13 "Forgive as the Lord forgave you."
- Matthew 6:14–15 "For if you forgive others... your Father will also forgive you."







Devotional: Forgiveness Frees From Envy's Prison

Envy often leads to bitterness and unforgiveness, which prevent healing. Ephesians instructs us to abandon bitterness and extend kindness and forgiveness, mirroring Christ's forgiveness toward us.

When envy wounds relationships, forgiveness becomes a key step towards reconciliation and freedom. Colossians reinforces that forgiveness must reflect the Lord's grace.

Jesus teaches that forgiving others opens the door for our own forgiveness. Holding on to offense fosters envy, but releasing it allows God's peace to restore hearts.

Today, prayerfully choose forgiveness for those you envy or who have hurt you, trusting God to heal and renew.







1.	Are there grudges or bitterness fueling envy in your heart?
2.	How does forgiveness change your perspective and feelings?
3.	Who do you need to forgive to begin healing today?







	Write a letter of forgiveness to someone you struggle with (no need to send).
2.	List ways God has forgiven you and how this empowers you to forgive.
3.	Describe how forgiveness could restore a broken relationship.







Prayer for Today

Lord Jesus, teach me to forgive as You have forgiven me. *Help me release* bitterness and envy rooted in offense. Fill me with kindness and compassion that heal wounds and rebuild trust. Give me courage to reconcile and peace in Your grace. Amen. 💝 😂 👀

















Your Verse

Philippians 2:3-4 - "Do nothing out of selfish ambition... in humility consider others better than yourselves."

- James 4:6 "God opposes the proud but shows favor to the humble."
- 1 Peter 5:5 "Humble yourselves, therefore, under God's mighty hand..."







Devotional: Letting Humility Triumph Over Envy

Humility breaks envy's chain by shifting focus from self to others. Paul calls believers to act without selfish ambition but in humility, esteeming others better than themselves.

James reminds us God resists the proud but gives grace to the humble. Pride fosters envy by inflating self-importance and resenting others' blessings. Humility sees others through God's eyes and rejoices in their good.

Peter encourages us to humble ourselves under God's mighty hand so He can lift us up. This posture invites healing and growth.

Today, practice humility by celebrating others and surrendering selfish desires to God.







1.	Where do pride or selfish ambition feed envy in your life?
2.	How does humility change your view of others' blessings?
3.	What does it look like to value others above yourself daily?







1.	Recall a time humility led you to overcome envy.
2.	List attitudes that reflect humility and kindness.
3.	Write a prayer asking God to grow humility in your heart.







Prayer for Today

God, cultivate humility in me that I may see others through Your loving eyes. *Help me surrender pride* and selfish ambition that fuel envy. Teach me to rejoice in others' successes and to live simply and graciously. Lift me up in Your perfect timing. Amen. \bigwedge \heartsuit









Day 8: Restoring Trust









Day 8: 🏵 Restoring Trust

Your Verse

Matthew 5:23-24 - "First be reconciled to your brother... then come and offer your gift."

- Romans 12:17-18 "Live at peace with everyone."
- Proverbs 3:5-6 "Trust in the Lord with all your heart..."







Day 8: 🏵 Restoring Trust

Devotional: Trust as Foundation for Reconciliation

Restoring relationships damaged by envy requires rebuilding trust. Jesus prioritizes reconciliation with others before worship, highlighting peace's importance.

Romans exhorts believers to live peaceably with all. Peace flows naturally when trust is restored and hearts are open.

Proverbs encourages trusting God fully as the ultimate foundation for healthy relationships. Trusting Him helps us extend grace and patience to others.

Today, ask God to help you seek and extend reconciliation, rebuilding trust through honest communication and love.







Day 8: 💮 Restoring Trust

1.	What barriers exist that hinder trust in your relationships?
	How can God's trustworthiness inspire your forgiveness and reconciliation?
3.	What steps can you take to rebuild trust where envy caused damage?







Day 8: 💮 Restoring Trust

1.	Write about a relationship needing restored trust.
2.	Record ways God has proven Himself trustworthy to you.
3.	Plan practical actions to demonstrate trustworthiness to others.







Day 8: 🏵 Restoring Trust

Prayer for Today

















Day 9: 3 Gratefulness Cultivates Growth

Your Verse

1 Thessalonians 5:18 - "Give thanks in all circumstances... this is God's will."

- Psalm 100:4 "Enter His gates with thanksgiving..."
- Colossians 3:15 "Let the peace of Christ rule in your hearts... be thankful."







Day 9: 🚨 Gratefulness Cultivates Growth

Devotional: Gratitude Defeats Envy and Builds Peace

Gratitude is a powerful spiritual discipline that combats envy. Paul instructs believers to give thanks in all situations as an expression of God's will.

Psalm 100 encourages worship filled with thanksgiving, inviting us into God's presence with joyful hearts.

Colossians says the peace of Christ rules in our hearts when we are thankful. Gratitude shifts focus from what we lack to God's abundant provision, defusing envy's power.

Practice cultivating a grateful heart today, listing blessings and praising God's goodness.







Day 9: 😂 Gratefulness Cultivates Growth

1.	How does gratitude shift your heart away from envy?
2.	What blessings can you focus on rather than what you lack?
3.	How can thankfulness influence your relationships?







Day 9: 😂 Gratefulness Cultivates Growth

1.	List five things you are thankful for today.
2.	Recall a difficult time when gratitude brought peace.
3.	Write a prayer expressing thankfulness to God.







Day 9: 3 Gratefulness Cultivates Growth

Prayer for Today

Heavenly Father, thank You for Your abundant blessings. *Help me develop* a grateful heart that sees Your goodness in every circumstance. Guard me against envy by focusing on Your faithful provision. May Your peace rule in my relationships. Amen. \bigwedge

















Your Verse

Ephesians 2:8-9 - "For it is by grace you have been saved... not by works."

- Titus 3:5 "He saved us... by the washing of rebirth and renewal by the Holy Spirit."
- Romans 5:20 "Where sin increased, grace increased all the more."







Devotional: Grace Frees and Restores Relationships

God's grace towards us models how we should extend grace to others.

Ephesians reminds us salvation isn't earned but freely given.

Titus speaks of renewal by the Spirit, whom God uses to transform hearts. We all fall short and need grace.

Romans declares grace abounds even where sin increases, emphasizing God's relentless love.

As you grow and heal from envy's damage, extend grace to those who hurt or envy you. This releases chains and invites restoration through God's love.







1.	How has God's grace transformed your heart regarding envy?
2.	Who in your life needs your grace to begin healing?
3.	How can you practically show grace in struggling relationships?







1.	Write about a time you experienced God's unmerited grace.
2.	List ways you can extend grace to others today.
3.	Pray over relationships needing grace and healing.







Prayer for Today

Lord God, thank You for Your amazing grace that saves and renews me. *Help me reflect* that grace in my words and actions, offering forgiveness and kindness where envy or hurt exists. Let Your love mend every broken bond. Amen. 😂 💝

















Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God... and it will be given to you."

- Proverbs 2:6 "For the Lord gives wisdom... knowledge and understanding."
- Ecclesiastes 7:12 "Wisdom preserves those who have it."







Devotional: Wisdom as a Guide for Growth and Healing

Wisdom empowers growth and healing from envy. James encourages us to ask God for wisdom freely, trusting He provides generously.

Proverbs tells us wisdom, knowledge, and understanding come from the Lord, equipping us for right living.

Ecclesiastes says wisdom preserves us, protecting our hearts and relationships.

Today, seek God's wisdom to navigate feelings of envy and the challenges of reconciliation. Pray for insight, patience, and direction.







1.	In what situations do you need God's wisdom most today?
2.	How does godly wisdom reshape your approach to envy?
3.	What steps can you take to grow in spiritual understanding?







1.	Write a prayer asking for wisdom to overcome envy.
2.	Reflect on decisions guided by God's wisdom in your life.
3.	Jot down verses about wisdom to meditate on.







Prayer for Today

Father, I come to You seeking wisdom to overcome envy and restore relationships. *Grant me understanding, patience, and discernment* as I journey toward healing. Help me apply Your truth daily. Amen. $\square \$ $\$ $\$ $\$ $\$

















Your Verse

John 14:26 - "The Advocate, the Holy Spirit... will teach you all things."

Supporting Scriptures

- Romans 8:26 "The Spirit helps us in our weakness."
- Galatians 5:22–23 "But the fruit of the Spirit is... love, joy, peace..."







Devotional: Inviting the Spirit to Heal Envious Hearts

The Holy Spirit empowers spiritual growth and transformation. Jesus promised the Advocate who teaches and guides us into all truth.

Romans says the Spirit helps us in weakness, including our struggles with envy and broken relationships.

Galatians lists the fruit of the Spirit as evidence of God's work in us—love, joy, peace, patience, kindness—all antidotes to envy.

Invite the Holy Spirit today to fill you, produce these fruits, and empower your journey of healing.







Reflect and Apply

How do you sense the Holy Spirit's presence in your struggles?
Which fruit of the Spirit do you most need to grow?
How can you cultivate daily openness to the Spirit's work?







Journaling Prompts

1.	Describe moments when the Spirit helped you overcome envy.
2.	Write about fruits of the Spirit you see growing in you.
3.	Pray inviting the Spirit's guidance and healing power.







Prayer for Today

Holy Spirit, fill me with Your love, patience, and peace. *Help me live* by Your fruit and overcome envy and division. Guide me in restoration and transformation. Amen.

















Your Verse

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

Supporting Scriptures

- Hebrews 13:3 "Remember those in prison as if you were there yourself."
- 1 Peter 3:8 "Be like-minded, be sympathetic, love one another."







Devotional: Empathy Replaces Envy with Compassion

Empathy heals relationships and replaces envy with understanding. Romans encourages sharing others' joys and sorrows, indicating deep connection.

Hebrews calls us to remember others' hardships as if we experienced them.

Peter urges believers to be sympathetic and united in love, a heart posture that uproots envy by fostering compassion.

Today, try to see others' situations with empathy, appreciating their journey and emotions without comparison.







Reflect and Apply

1.	How can empathy transform your view of others?
2.	What feelings or experiences can you share to build connection?
3.	How does empathy affect your heart toward envious thoughts?







Journaling Prompts

1.	Write about a time empathy helped repair a relationship.
2.	List ways you can better understand others' perspectives.
3.	Pray for a heart sensitive to others' joys and pains.







Prayer for Today

Jesus, teach me to be empathetic toward others. *Help me rejoice and mourn* with them, breaking envy's hold. Cultivate in me a heart full of compassion and unity. Amen.















Your Verse

1 Corinthians 12:26 – "If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it."

Supporting Scriptures

- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."
- Philippians 2:3 "In humility value others above yourselves."







Devotional: Choosing to Rejoice in Others' Blessings

Joyfully celebrating others' successes counters envy's corrosive effect. Paul reminds us that in the body of Christ, we share both suffering and honor together.

Romans and Philippians call us to honor and value others above ourselves, an attitude that naturally rejoices at their blessings.

Choosing joy in others is a conscious act that fosters unity and love, dismantling envy's bitterness.

Today, focus on rejoicing over others' achievements and blessings, growing grace in your heart.







Reflect and Apply

Do you find it easy or hard to celebrate others' successes? Why?
How can celebrating others strengthen relationships?
What thoughts keep you from embracing joy in others?







Journaling Prompts

Write about someone whose success genuinely brings you joy.
List ways to express encouragement and honor to others.
Pray for a heart that celebrates, not envies, others.







Prayer for Today

Lord, fill me with genuine joy for others' blessings. *Help me honor* those You have blessed and love them above selfish desires. Replace envy with celebration and grace. Amen. **>**







Day 15: **K** Repairing Broken Communication









Day 15: 🎇 Repairing Broken Communication

Your Verse

Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out... but only what is helpful."
- James 1:19 "Be quick to listen, slow to speak and slow to become angry."







Day 15: K Repairing Broken Communication

Devotional: Healing Relationships Through Gentle Words

Words have incredible power to heal or hurt relationships. Proverbs teaches that gentle, calm responses defuse anger and open doors to peace.

Ephesians encourages speech that builds up rather than tears down.

James instructs believers to listen carefully and respond thoughtfully, being slow to anger.

When envy has caused broken communication, intentionally choosing gentle, respectful speech lays the foundation for restoration.

Today, reflect on your communication style and ask God to help you speak life and healing.







Day 15: 🎇 Repairing Broken Communication

Reflect and Apply

1.	How does your communication reflect love or envy?
2.	Where can you improve in listening and speaking with grace?
3.	What are practical ways to rebuild trust with kind words?







Day 15: 🛠 Repairing Broken Communication

Journaling Prompts

1.	Recall a conversation that helped heal a relationship.
2.	Write down phrases that encourage rather than tear down.
3.	Pray for wisdom in your words and ears today.







Day 15: K Repairing Broken Communication

Prayer for Today

Father, help me communicate with grace and wisdom. *Slow my anger* and quicken my listening, that my words build up and heal. Teach me to turn away wrath with gentle speech. Amen.

















Your Verse

James 5:7-8 - "Be patient until the Lord's coming. See how the farmer waits..."

Supporting Scriptures

- Psalm 37:7 "Be still before the Lord and wait patiently for Him."
- Galatians 6:9 "Let us not become weary in doing good..."







Devotional: Trusting God's Timing With Patience

Healing relationships and overcoming envy require patience. James compares patience to a farmer waiting for crops to grow, a reminder that growth takes time.

Psalm invites us to be still and patiently trust God's timing.

Galatians encourages perseverance in doing good despite challenges.

Today, embrace patience in your heart and relationships, trusting God is working even when visible progress is slow.







Reflect and Apply

1.	What areas in your healing journey require more patience?
2.	How can waiting on God develop your character and faith?
3.	How do you fight discouragement when progress seems slow?







Journaling Prompts

1.	Write about a time patience led to growth or healing.
2.	List ways God has been faithful when you waited.
3.	Pray for strength to persevere in patience.







Prayer for Today

Lord, teach me patience as I wait on You and in relationships. *Help me trust* Your timing and stay faithful, even when healing is slow. Strengthen my heart to persevere. Amen. \checkmark

















Your Verse

Romans 12:2 - "Be transformed by the renewing of your mind."

Supporting Scriptures

- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."
- Psalm 51:10 "Create in me a pure heart, O God."







Devotional: Transforming Thought Patterns Through God

Transforming envy into grace begins with renewing the mind. Romans calls us to a change of thinking that aligns with God's will.

2 Corinthians challenges us to take every thought captive, rejecting envy and pride, submitting our minds to Christ.

Psalm pleads for a pure heart, a renewal only God can provide.

Today, invite God to renew your thinking patterns, replacing envy with humility, love, and peace.







Reflect and Apply

1.	What thoughts fuel envy in your heart and mind?
2.	How can Scripture help renew your perspective?
3.	What practices help you capture and transform negative thoughts?







Journaling Prompts

1.	Write about negative thoughts you want to surrender to God.
2.	Record verses that encourage new thinking.
3.	Pray asking for a pure heart and mind renewal.







Prayer for Today

God, renew my mind and transform my heart. *Help me surrender* thoughts of envy and pride, embracing Your truth and love. Create in me a clean heart. Amen. \bigcirc \bigcirc \bigcirc \bigcirc

















Your Verse

Galatians 2:20 - "I have been crucified with Christ... Christ lives in me."

Supporting Scriptures

- Ephesians 2:10 "For we are God's handiwork."
- 1 Peter 2:9 "You are a chosen people... to declare the praises of Him."







Devotional: Rooting Your Identity in Christ Alone

True identity in Christ frees us from envy's comparison trap. Paul declares that the old self is crucified, and Christ lives in him, defining who he is.

Ephesians affirms we are God's masterpiece, created for good works and purpose.

Peter reminds us we are chosen to declare God's praises, reflecting His glory rather than measuring ourselves against others.

Today, reflect on your identity in Christ and let it shape how you relate to others, replacing envy with confidence and peace.







Reflect and Apply

1.	How does knowing your identity in Christ affect envy?
2.	What truths about yourself from Scripture bring peace?
3.	How can you live out your God-given purpose daily?







Journaling Prompts

1.	Write affirmations about your identity in Christ.
2.	Describe how envy tries to distort your self-view.
3.	Pray embracing God's purpose and love for you.







Prayer for Today

















Your Verse

Joel 2:25 - "I will restore to you the years that the swarming locust has eaten."

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 61:3 "To bestow on them a crown of beauty instead of ashes."







Devotional: Holding On to God's Promise of Restoration

God promises restoration and healing beyond what we can imagine. Joel assures that God will restore what was lost or broken, even years consumed by hardship.

Psalm praises God as healer of broken hearts, binding up wounds, including those broken by envy.

Isaiah foretells a beautiful transformation—ashes turned to beauty—symbolizing hope for renewal.

Today, hold onto God's restorative promises as you journey toward healed relationships and deeper growth.







Reflect and Apply

1.	What brokenness in relationships do you want God to restore?
2.	How does hope in God's restoration affect your healing?
3.	What steps can you take to partner with God in restoration?







Journaling Prompts

1.	Write your hopes for restoration in damaged relationships.
2.	Recall ways God has restored your spirit or relationships.
3.	Pray trusting God's healing and renewal.







Prayer for Today

Lord, thank You for Your promise to restore all that envy and brokenness have damaged. *Heal my heart* and relationships, turning ashes into beauty. Give me hope and strength to trust You fully. Amen.







Day 20: Embracing Community and Support









Day 20: S Embracing Community and Support

Your Verse

Hebrews 10:24-25 - "Spurring one another on toward love and good deeds."

Supporting Scriptures

- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."
- Galatians 6:2 "Carry each other's burdens... fulfill the law of Christ."







Day 20: N Embracing Community and Support

Devotional: Healing Together Through Community and Love

Growth and healing flourish best in community. Hebrews encourages believers to encourage one another toward love and good deeds, emphasizing mutual support.

Ecclesiastes highlights strength in unity, a powerful protection against envy's isolating effects.

Galatians calls us to bear others' burdens, showing Christ's love practically.

Today, reach out for support or encourage someone, embracing the transformative power of loving community.







Day 20: 👸 Embracing Community and Support

Reflect and Apply

1.	Who supports or encourages you in your healing journey?
-	
•	
2.	How can you encourage others struggling with envy or brokenness?
-	
•	
3.	What role does community play in growth and restoration?
-	







Day 20: 👸 Embracing Community and Support

Journaling Prompts

1.	Write about a time community helped you heal.
2.	List people who encourage your spiritual growth.
3.	Pray for deeper connection and support in relationships.







Day 20: S Embracing Community and Support

Prayer for Today

God, thank You for the gift of community. *Help me both receive* and give encouragement, spurring one another on in love. Bind us together in Your grace to overcome envy and grow strong. Amen. (2) (3) (4)







Day 21: X Living in God's Transforming Love









Day 21: 🎇 Living in God's Transforming Love

Your Verse

2 Corinthians 5:17 - "If anyone is in Christ, the new creation has come."

Supporting Scriptures

- John 15:12 "Love each other as I have loved you."
- Romans 8:28 "In all things God works for the good of those who love Him."







Day 21: 🎇 Living in God's Transforming Love

Devotional: Walking Forward in Freedom and Love

Transformation is possible through God's abiding love. Paul declares that anyone in Christ becomes a new creation, free from former burdens including envy.

Jesus commands us to love one another as He has loved us, a love that heals and restores.

Romans assures us that God works all things for the good of those who love Him, including growth through trials.

Today, embrace your new identity in Christ, extending His love, and walking forward in freedom and reconciliation.







Day 21: 💥 Living in God's Transforming Love

Reflect and Apply

1.	How has God transformed your heart over these 21 days?
2.	What steps will you take to live out God's love in relationships?
3.	How can you continue growing and healing beyond this study?







Day 21: 💥 Living in God's Transforming Love

Journaling Prompts

1.	Reflect on your growth journey and new attitudes formed.
2.	Write a commitment to love and forgive as Christ teaches.
3.	Pray for ongoing transformation and strength.







Day 21: 🎇 Living in God's Transforming Love

Prayer for Today

Lord Jesus, thank You for making me a new creation. *Help me walk* in Your love daily, forgiving, loving, and growing. Use me to bring healing to broken relationships and to reflect Your grace in all I do. Amen. *







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a free HolyJot account. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.