



# Navigating Jealousy and Envy in Children



Explore biblical wisdom to help children overcome jealousy and envy, fostering love, contentment, and grace through God's Word.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌱 Understanding Jealousy and Envy</u>	5
<u>Day 2: ❤️ God's Love Shows We Are Unique</u>	11
<u>Day 3: 💛 Learning Contentment in God's Provision</u>	17
<u>Day 4: 🤝 Practicing Kindness to Others</u>	23
<u>Day 5: ✨ Encouraging Gratitude Daily</u>	29
<u>Day 6: ✨ Trusting God's Plan for Each Child</u>	35
<u>Day 7: 🌈 Celebrating Others and Growing Together</u>	41



## Introduction

**Jealousy and envy** are common emotions experienced by children as they grow and interact with others. These feelings, while natural, can lead to harmful attitudes and relationships if left unchecked. As caregivers and mentors, it is crucial to guide children through these emotions with wisdom grounded in Scripture.

In this 7-day study, we will explore God's Word to understand the roots of jealousy and envy, what the Bible says about these feelings, and how we can help children overcome them. By focusing on biblical principles such as contentment, love, kindness, and humility, we aim to equip children to handle jealousy with grace and grow in their faith.

***Children are learning how to navigate their emotions*** – they need gentle, consistent guidance that points them toward God's heart. This study will also encourage parents and guardians to model Christlike love, patience, and understanding during moments when jealousy arises.

Throughout these days, we will reflect on Scripture that reminds us of God's love, His generous provision, and the joy found in blessing others. By applying these truths, children can learn to celebrate the successes and blessings of others without bitterness or envy.

Let us commit to nurturing hearts that are joyful and content, trusting in God's perfect plan for each child's unique journey. Together, with God's grace,



we can transform jealousy into admiration, envy into encouragement, and competition into cooperation.





# Day 1: 🌱 Understanding Jealousy and Envy



## Your Verse

*James 3:16 – "For where you have envy and selfish ambition, there you find disorder and every evil practice."*

## Supporting Scriptures

- *Proverbs 14:30 – "A heart at peace gives life to the body, but envy rots the bones."*
- *Galatians 5:26 – "Let us not become conceited, provoking and envying each other."*



## Day 1: 🌱 Understanding Jealousy and Envy

## Devotional: Recognizing the Roots to Overcome

**Jealousy and envy** often begin as simple feelings of wanting what someone else has. But the Bible warns us that when such feelings grow unchecked, they lead to disorder and harm within relationships and within ourselves.

Today, we'll help children understand what these emotions look like and why they can be dangerous. It's vital to acknowledge these feelings honestly without shame. *God knows our hearts, even before we do, and He wants to help us change.*

Explain to children that jealousy is wanting what another person has — a toy, attention, or praise — while envy can also include feeling unhappy when someone else is blessed. The Bible calls us to guard our hearts against these destructive emotions.

By teaching children to recognize jealousy and envy early, we empower them to seek God's help before these feelings cause damage. We can encourage them to pray and ask God for contentment and peace instead.



## Reflect and Apply

1. How do you usually feel when you notice someone else has something you want?

---

---

---

2. Can you remember a time when jealousy made you feel bad or hurt someone else?

---

---

---

3. Why do you think God warns us about jealousy and envy?

---

---

---





# Journaling Prompts

1. Write about a moment you felt jealous or envious and how you reacted.

---

---

---

2. List things you are thankful for in your own life right now.

---

---

---

3. Describe how you think God wants you to respond when these feelings come.

---

---

---



Day 1: 🌱 Understanding Jealousy and Envy

## Prayer for Today

**Dear God,** thank You for knowing everything about our hearts. Please help us to recognize jealousy and envy when they come so we can choose to turn to You. Teach us to be content and to find our joy in You alone. Help us to love others and celebrate their blessings without sadness or bitterness. Fill our hearts with peace and kindness. In Jesus' name, Amen. 🙏❤️🌿





## Day 2: ❤️ God's Love Shows We Are Unique



## Your Verse

*Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*

## Supporting Scriptures

- *1 Corinthians 12:12 - "Just as a body, though one, has many parts, but all its many parts form one body..."*
- *Ephesians 2:10 - "For we are God's handiwork, created in Christ Jesus to do good works..."*



Day 2: ❤️ God's Love Shows We Are Unique

## Devotional: Celebrating Unique Gifts from God

**Each child is wonderfully made by God** with unique talents, personalities, and purposes. When children feel jealous, they often compare themselves to others, forgetting they are special and valuable just as they are.

Encourage children to embrace their God-given uniqueness. Just like every part of a body has a different role yet is important, every child contributes differently to their family, school, and community.

*Understanding their uniqueness helps children focus on their gifts rather than what others have.* Teach them that God created them with a plan and that no one else can do exactly what they do in the way they do it. This truth can build self-esteem and reduce envy.



## Reflect and Apply

1. What makes you unique or special in God's eyes?

---

---

---

2. How can remembering your own gifts help when you feel jealous of others?

---

---

---

3. In what ways can you celebrate others' uniqueness as well?

---

---

---



# Journaling Prompts

1. List the talents and qualities God has given you.

---

---

---

2. Write about a time you appreciated someone else's special gift.

---

---

---

3. How can you use your unique gifts to help or bless others?

---

---

---



Day 2: ❤️ God's Love Shows We Are Unique

## Prayer for Today

**Heavenly Father**, thank You for making me special and unique. Help me to see myself as You see me – wonderfully and fearfully made. Teach me to appreciate my gifts and to celebrate the gifts of others without jealousy. May I always remember that You have a special plan just for me. In Jesus' name, Amen. ✨ ✨ 🙏







## Day 3: 🧡 Learning Contentment in God's Provision



## Your Verse

*Philippians 4:12-13 - "I know what it is to be in need... I can do all this through him who gives me strength."*

## Supporting Scriptures

- *Hebrews 13:5 - "Never will I leave you; never will I forsake you."*
- *1 Timothy 6:6 - "Godliness with contentment is great gain."*



## Devotional: Finding Joy Where God Provides

**Contentment is a powerful antidote to jealousy.** When children learn to be satisfied with what God provides, they become less likely to feel envy about what others have.

Paul's words in Philippians remind us that trust in God's strength and provision helps us through all situations. For children, teaching contentment means helping them appreciate their blessings — daily gifts like family, friendship, and God's love — instead of always wanting more.

Encourage children to thank God for what they have and trust Him to meet their needs. This attitude builds peace and joy and helps overcome the desire to compare or compete unfairly.



## Reflect and Apply

1. What does it mean to you to be content?

---

---

---

2. How can trusting God help you when you want things others have?

---

---

---

3. What are some blessings you often forget to thank God for?

---

---

---



# Journaling Prompts

1. Write about something you are thankful God has given you.

---

---

---

2. Describe a time when being content helped you feel happy.

---

---

---

3. How can you practice contentment when jealousy tries to start?

---

---

---



Day 3: 🍷 Learning Contentment in God's Provision

## Prayer for Today

**Lord Jesus**, teach me to be content with what You give me. Help me trust Your plans and feel joyful with the blessings You have provided. When I feel jealous, remind me to turn to You and thank You. Fill my heart with peace and trust in Your care. Amen. 🙏🍷💖





## Day 4: 💕 Practicing Kindness to Others



## Your Verse

*Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

## Supporting Scriptures

- *Colossians 3:12 - "Clothe yourselves with compassion, kindness, humility, gentleness and patience."*
- *Luke 6:31 - "Do to others as you would have them do to you."*





## Devotional: Overcoming Envy with Kindness

**Jealousy can often lead to unkind actions or feelings toward others.** However, the Bible calls us to respond differently — with kindness and compassion.

Helping children practice kindness even when they feel jealous teaches them to break the cycle of envy and hurt. When they learn to forgive and show love like Christ, their hearts grow stronger and more joyful.

*Encourage children to ask themselves how Jesus would want them to respond when jealousy arises, reminding them that love triumphs over envy. Acts of kindness distract from envy and build up relationships instead of tearing them down.*



## Reflect and Apply

1. How do you usually treat others when you feel jealous?

---

---

---

2. What kind things can you do instead when those feelings come?

---

---

---

3. Why is forgiveness important when dealing with jealousy?

---

---

---



# Journaling Prompts

1. Write about a time you showed kindness when you felt upset.

---

---

---

2. List ways you can be kind to someone you might feel jealous of.

---

---

---

3. How does kindness help you feel better inside?

---

---

---



Day 4: ❤️ Practicing Kindness to Others

## Prayer for Today

**Dear God**, help me to be kind and forgiving, even when I feel jealous or upset. Teach me to love others as You love me. Fill my heart with compassion so I can choose kindness over envy every day. Thank You for Your endless grace. In Jesus' name, Amen. ❤️🙌🙏





## Day 5: ✨ Encouraging Gratitude Daily



## Your Verse

*1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

## 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 5: ✨ Encouraging Gratitude Daily

## Devotional: Gratitude Shifts the Heart's Focus

A heart focused on **gratitude** is less likely to be caught in the snare of jealousy. Teaching children to practice thanking God daily trains their minds and hearts to see the good around them, rather than longing for what others have.

Gratitude reminds children of God's goodness and faithfulness, and this positive mindset gives them joy and peace. Even on difficult days, learning to find reasons to thank God brings lasting contentment.

Help children create simple habits like listing three things they are thankful for each day. This small practice can make a big difference in overcoming envy and growing joyful hearts.



## Reflect and Apply

1. How does being thankful change the way you feel inside?

---

---

---

2. What are three things you can thank God for right now?

---

---

---

3. How can gratitude help when you notice jealousy creeping in?

---

---

---





# Journaling Prompts

1. Write three things you are grateful for today and why.

---

---

---

2. Describe a time when thanking God helped you feel better.

---

---

---

3. How can you remind yourself to be thankful when jealous feelings appear?

---

---

---



Day 5: ✨ Encouraging Gratitude Daily

## Prayer for Today

**Lord**, thank You for so many blessings in my life. Help me to remember to be thankful every day, even when things seem hard or when I feel jealous. Teach me to see Your goodness all around me. Fill me with peace and joy that only You can give. Amen. 🙏🍁☀️





## Day 6: ✨ Trusting God's Plan for Each Child



## Your Verse

*Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you..."*

## Supporting Scriptures

- *Romans 8:28 – "And we know that in all things God works for the good of those who love him."*
- *Proverbs 3:5-6 – "Trust in the Lord with all your heart... he will make your paths straight."*



Day 6: ✨ Trusting God's Plan for Each Child

## Devotional: Resting in God's Perfect Purpose

**Jealousy can sometimes come from feeling uncertain or worried about our futures.** Children may wonder why someone else seems to have more or better opportunities.

Teaching children to trust God's plan — a plan filled with hope, goodness, and purpose — reassures them that they are loved and cared for, exactly as they are, and that God's timing is perfect.

Trusting God helps children let go of comparison and anxiety, knowing that He will provide all they need to flourish. Emphasize that everyone's journey is different but equally important in God's eyes.



## Reflect and Apply

1. What does it mean to trust God with your future?

---

---

---

2. How can knowing God has a plan for you help with jealousy?

---

---

---

3. What steps can you take to remember God's promises daily?

---

---

---



# Journaling Prompts

1. Write about how God has helped you before when you felt worried.

---

---

---

2. List ways you can show trust in God this week.

---

---

---

3. How can trusting God help you to be kinder to others?

---

---

---



Day 6: ✨ Trusting God's Plan for Each Child

## Prayer for Today

**Father**, thank You for having a special plan for my life. Help me to trust You even when I don't understand everything or feel jealous. Teach me to rest in Your promises and to be patient for the things You are doing in me. Help me to be joyful and kind as I wait. In Jesus' name, Amen. 🌈📖🙏







## Day 7: 🌈 Celebrating Others and Growing Together




## Your Verse

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

## Supporting Scriptures

- *1 Corinthians 1:10 – "Be perfectly united in mind and thought."*
- *Hebrews 10:24 – "And let us consider how we may spur one another on toward love and good deeds."*



Day 7:  Celebrating Others and Growing Together

## Devotional: Joyfully Supporting Friends and Family

One of the best ways to overcome jealousy is to celebrate others genuinely. Scripture encourages us to rejoice with those who rejoice, sharing in their happiness and blessings.

Teach children that by supporting and encouraging their friends and family, they build strong relationships and experience deeper joy. This unity reflects God's love working through His people.

*Celebrate successes and blessings without envy*— this transforms hearts and communities into places of kindness, love, and peace.



## Reflect and Apply

1. Why is it important to celebrate when others are happy?

---

---

---

2. How does supporting others affect your feelings of jealousy?

---

---

---

3. What can you do to encourage someone today?

---

---

---



# Journaling Prompts

1. Write about a time you celebrated with a friend or family member.

---

---

---

2. List ways you can show support and kindness to others.

---

---

---

3. How does being happy for someone else make you feel inside?

---

---

---



Day 7: 🌈 Celebrating Others and Growing Together

## Prayer for Today

**Lord Jesus**, help me to rejoice with others and to support them wholeheartedly. Teach me to let go of jealousy and to celebrate the good things in their lives. Thank You for the gift of friendship and love. May I shine Your light as I encourage those around me. Amen. 🎉 😊 ❤️





## Where God's Word Meets Your Daily Life

### **A Personal Invitation from HolyJot**

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.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **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](https://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](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



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

© 2025 HolyJot LLC. All Rights Reserved.