

# LIFE CHANGING HABITS



## CELEBRATION

January 31, 2021 // Tyler Scott, Lead Pastor

[www.cpcdanville.org](http://www.cpcdanville.org)

Have you ever found yourself being just a little happy when someone who seems “perfect” is having a rough time? Where does that come from? Straight from your heart! In this series we have been learning that we must replace UNHEALTHY HABITS with LIFE-CHANGING HABITS. This final week we look at one of the most heart-toxic habits...JEALOUSY!

***The most life changing habits have to do with the heart.***

**GUARD YOUR HEART—READ Proverbs 4:23** -Jealousy is resenting God’s goodness to others, while ignoring God’s goodness in our own life. Why do you think people get jealous so easily?

**JEALOUSY—READ James 3:14-16** –“Bitter envy and selfish ambition” are inspired by the devil. Seeking God’s wisdom delivers us from the need to compare ourselves to others and to want what they have. **READ Proverbs 14:30**—Where do you struggle with jealousy in your heart?

***How to replace the bad habit of jealousy.***

1. **Stop comparing ourselves to other people—READ 2 Corinthians 10:12 and John 21: 20-21**—When we compare ourselves to others we may feel pride because we think we are better. Why do you think we do this? What happens when we measure ourselves against God’s standards?  
**READ Galatians 6:4**—When you do your very best, it’s ok to feel good about it. But when we point out flaws in others to make ourselves feel better, it becomes a sickness in our heart. How can competitiveness disguise itself as jealousy? What are some ways we can guard ourselves from jealousy or pride?

**Do the act and the attitude follows.**

2. **Celebrate God's goodness in others' lives. READ 1 Samuel 23:15-18** –In this passage we see that Jonathan, the son and heir to the throne, is telling David that he will be the future king. Why is this a celebration instead of resentment?  
*Romans 12:15 (NLT) "Be happy with those who are happy, and weep with those who weep."*—Instead of resentment...celebrate! Is it difficult to rejoice with someone? Discuss.
3. **Embrace God's goodness in your own life.**—*Ecclesiastes 6:9 (NLT)—Enjoy what you have rather than desiring what you don't have. Just dreaming about nice things is meaningless—like chasing the wind.* Do you ever dream about things you don't have? How does this cause jealousy?

**DISCUSSION QUESTIONS:**

1. From your own observations, how does jealousy typically affect a person?
2. To whom do you most often compare yourself? How do you feel when you compare yourself to someone who has more/less?
3. Who do you need to celebrate with? What's something you can do to celebrate God's goodness to him/her?

**CHALLENGE—READ 1 Thessalonians 5:16-18**—Obeying these three commands often goes against our natural inclinations. When we make a conscious decision to replace UNHEALTHY HABITS with LIFE-CHANGING HABITS, we naturally become joyful and thankful.

**COMMIT TO MEMORY**—*"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones."* Proverbs 14:30

If you missed the previous weeks, go to <http://www.cpcdanville.org/media/> to catch up!

Next week we begin a new series titled ***For Better or For Worse***.