

**HEARTSICK PART II**  
**“EMOTIONS THAT CAN BE TOXIC”**  
**FEBRUARY 5-6, 2022**

**INTRODUCTION**

- We all have emotions and they are a huge part of our lives.
- Some that bring life and some that kill...that are toxic.
- They are the reason we sometimes do things we can't believe.
- They can distort reality.
- Jesus doesn't just want you to manage your emotions but he wants to heal them so you can deal with reality...in a real way.

**I. ARE YOU DISCONTENT?**

- Matthew 15:17-19 NIV, “Don't you see that whatever enters the mouth goes into the stomach and then out of the body? <sup>18</sup>but the things that come out of a person's mouth come from the heart, and these defile them.”
- What comes out of the heart defiles you.
- Whatever we allow into our hearts can cleanse us or defile us.
- Mark told the same story and he included coveting, envy, pride and foolishness as well.
- Envy is what happens when I allow my eye to look at others' stuff and then I want it.
- Those of you who live online know about envy.
- It is so easy to see everyone else's stuff; their journey and it looks so good.
- When we allow our emotions, like envy or jealousy, to control us...we lose.

- Truth is, wanting more makes everyone lose.
- Some emotions have an upside, envy and jealousy don't.
- Proverbs 14:30 NIV, Solomon said, “A heart at peace gives life to the body, but envy rots the bones.”
- Envy destroys you. It kills your contentment.
- Envy makes you a poor friend.

**II. ENVY IS INSIDE**

- Ecclesiastes 4:4 NIV, “And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind.”
- There is never satisfaction, there is always someone accomplishing more.
- This was one of the first stories ever written into the Bible - Genesis 4, the story of Cain and Abel, a story of envy. It is about the word “first”.
- Be content with your journey, stay on your number!

**III. THERE IS A WAY OUT**

- Paul talked about this in Galatians 5:16-26, “<sup>16</sup>but I say, walk by the Spirit, and you will not carry out the desire of the flesh...”
- The Holy Spirit is the power you need to be free.
- There is no life with things that feed jealousy...envy.
- Longing for what others have will never satisfy you.
- Ecclesiastes 4:7-8
- Why compete with people who don't even know it? This is vanity, it is miserable.

**CLOSE**

- You will never fulfill your destiny longing for someone else's destiny.