

# DOWNLOAD PDF DESTRUCTIVE THEMES OF THE HEART : PRIDE, ANGER, AND ENVY

## Chapter 1 : The 7 Deadly Sins and How to Overcome Them – Gene S. Whitehead

*Chapter 4: Destructive Themes of the Heart -- Pride, Anger, and Envy (p. ) 5. Which example of pride is acceptable? a. feeling good about your accomplishments. b. not answering to anyone but yourself. c. not allowing your judgment and decisions to be questioned. d. believing that you are always right. 6. According to Mart Rutland, the author of Behind the Glittering Mask, envy is a. the desire to have what another has.*

An Antidote to Envy November 5, by Paul Tautges As I was thinking about the Thanksgiving season it occurred to me that one of the things that prevents us from being truly thankful is the sin of envy. If envy is a regular part of our lives it is evidence of walking in the flesh, not the Spirit, and always hinders our spiritual growth. The NT epistles indicate at least four causes of envy. A heart that is not thankful is perfectly fertilized for the seeds of envy to take root. When we know about God, but fail to honor Him as God, or give thanks, the soil of our hearts is prepared to be full of envy Rom. All of a sudden, everyone else is happier, richer, better looking, and more suitably situated in life. If not nipped in the bud, we become slaves to comparison. Pride, manifesting itself in selfish ambition, is the perfect breeding ground for envy. Selfish ambition is the drive to be better than others. It is the quest for preeminence Phil 1: It is impossible to love and envy a person at the very same time. Envy is self-focused while love is others-focused. Paul graphically described the conceited false teacher in Ephesus as one who has a morbid interest in controversial questions and disputes about words, out of which arise envy 1 Tim 6: This is a picture of a person who is filled with spiritual pride, a pharisee who needs to be recognized as the most spiritual person and, therefore, envies those who truly possess what he masquerades. The Bible recognizes at least four destructive consequences of envy. Envy often results in broken relationships. The fruit of the Spirit is primarily relational. This is why Paul instructed the Galatians, if we live by the Spirit, let us also walk by the Spirit. Let us not become boastful, challenging one another, envying one another Gal 5: Both Matthew and Mark inform us that Jesus knew it was because of envy [the chief priests and elders] had delivered Him up Matt Envy may even end up causing health problems. For I was envious of the arrogant, as I saw the prosperity of the wicked. Envy and covetousness walk hand in hand. And, like bitterness Heb. The following are three steps of preventative maintenance for every believer. By applying these principles, we will rid our lives of existing envy and guard our hearts from its subtle intrusion, thus avoiding its tragic consequences. Nurture a thankful heart. Envy feeds off of ungratefulness. Therefore, in order to deal with envy, we must learn to be thankful. Sinful thought patterns must be replaced by godly ones. For example, if Bob envies Mark, then Bob should make a list of the qualities in Mark for which he can be thankful and then commit himself to thanking God every time Mark comes to mind. Nurture a content heart. Guarding our hearts from envy also includes cultivating contentment. We must remember that God wants His children to be content with the most basic provisions of life. The Apostle Paul wrote to Timothy, and if we have food and covering, with these we shall be content 1 Tim 6: Contentment is being satisfied with what God has given to us. To nurture contentment, make a list of all the blessings that you now enjoy that are above the bare necessities of food and protection. This list could then be used as a guide in your personal praise time with God. Nurture a rejoicing heart. We must also learn to rejoice with other believers when their blessings seem to exceed our own. Here is where the utter selfishness of envy is revealed. Through self-discipline, we must strive to replace these automatic selfish feelings of displeasure with those of rejoicing so that we can indeed rejoice in the Lord always Phil 4: As people who are actively engaged in a battle against the flesh we must recognize the base nature of envy and put it aside – repent of it. As we learn to nurture thankful, content, and rejoicing hearts; the peace of God and the joy of the Lord will be our strength.

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## Chapter 2 : The emotionally destructive relationship ( edition) | Open Library

- *Beneath every action is something that is going on in the heart. - There are 7 key destructive themes of the heart: pride, anger, envy, selfishness, laziness, evil and fear - Luke Out of the overflow of the mouth, the heart speaks!*

This section contains too many or too-lengthy quotations for an encyclopedic entry. Please help improve the article by presenting facts as a neutrally-worded summary with appropriate citations. Consider transferring direct quotations to Wikiquote. May Building the Tower of Babel was, for Dante, an example of pride. Painting by Pieter Brueghel the Elder Pride Latin, superbia is considered, on almost every list, the original and most serious of the seven deadly sins: It is also thought to be the source of the other capital sins. What the weak head with strongest bias rules, Is pride, the never-failing vice of fools. Lewis writes, in Mere Christianity , that pride is the "anti-God" state, the position in which the ego and the self are directly opposed to God: Pride leads to every other vice: Author Ichabod Spencer states that "[s]piritual pride is the worst kind of pride, if not worst snare of the devil. The heart is particularly deceitful on this one thing. This sense of hubris could also characterize rape. The term has been used to analyse and make sense of the actions of contemporary heads of government by Ian Kershaw , Peter Beinart and in a much more physiological manner by David Owen In this context the term has been used to describe how certain leaders, when put to positions of immense power, seem to become irrationally self-confident in their own abilities, increasingly reluctant to listen to the advice of others and progressively more impulsive in their actions. Pride is associated with more intra-individual negative outcomes and is commonly related to expressions of aggression and hostility Tangney, As one might expect, pride is not always associated with high self-esteem but with highly fluctuating or variable self-esteem. Excessive feelings of pride have a tendency to create conflict and sometimes terminating close relationships, which has led it to be understood as one of the few emotions with no clear positive or adaptive functions Rhodwalt, et al. John Gay states that "By ignorance is pride increased; They most assume who know the least. He changes good things into evil, he lays his traps. Just as a spark sets coals on fire, the wicked man prepares his snares in order to draw blood. Beware of the wicked man for he is planning evil. He might dishonor you forever. Disguise it, struggle with it, stifle it, mortify it as much as one pleases, it is still alive and will every now and then peep out and show itself; you will see it, perhaps, often in this history. For even if I could conceive that I had completely overcome it, I should probably be proud of my humility. Pride is also referred to as "pride that blinds," as it often causes a committer of pride to act in foolish ways that belie common sense. Much of the 10th and part of 11th chapter of the Book of Sirach discusses and advises about pride, hubris, and who is rationally worthy of honor. Pride is odious to both God and man; injustice is abhorrent to both of them. Sovereignty is forced from one nation to another because of injustice, violence, and wealth. How can there be such pride in someone who is nothing but dust and ashes? Once a man is dead, grubs, insects, and worms are his lot. The beginning of pride is sin. Whoever perseveres in sinning opens the floodgates to everything that is evil. For this the Lord has inflicted dire punishment on sinners; he has reduced them to nothing. The Lord has overturned the thrones of princes and set up the meek in their place. The Lord has torn up the proud by their roots and has planted the humble in their place. The Lord has overturned the land of pagans and totally destroyed them. He has devastated several of them, destroyed them and removed all remembrance of them from the face of the earth. Pride was not created for man, nor violent anger for those born of woman. Which race is worthy of honor? Those who are good. Which race is despicable? Those who break the commandments. The leader is worthy of respect in the midst of his brethren, but he has respect for those who are good. Whether, they be rich, honored or poor, their pride should be in being good. It is not right to despise the poor man who keeps the law; it is not fitting to honor the sinful man. The leader, the judge, and the powerful man are worthy of honor, but no one is greater than the man who is good. A prudent slave will have free men as servants, and the sensible man will not complain. Do not feel proud when you accomplished your work; do not put on airs when times are difficult for you. Of greater worth is the man who works and

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lives in abundance than the one who shows off and yet has nothing to live on. My son, have a modest appreciation of yourself, estimate yourself at your true value. Who will defend the man who takes his own life? Who will respect the man who despises himself? The poor man will be honored for his wisdom and the rich man, for his riches. Honored when poor-how much more honored when rich! Dishonored when rich-how much more dishonored when poor! The poor man who is intelligent carries his head high and sits among the great. Do not praise a man because he is handsome and do not hold a man in contempt because of his appearance. The bee is one of the smallest winged insects but she excels in the exquisite sweetness of her honey. Do not be irrationally proud just because of the clothes you wear; do not be proud when people honor you. Do you know what the Lord is planning in a mysterious way? Many tyrants have been overthrown and someone unknown has received the crown. Many powerful men have been disgraced and famous men handed over to the power of others. Do not reprehend anyone unless you have been first fully informed, consider the case first and thereafter make your reproach. Do not reply before you have listened; do not meddle in the disputes of sinners. My child, do not undertake too many activities. If you keep adding to them, you will not be without reproach; if you run after them, you will not succeed nor will you ever be free, although you try to escape.

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### Chapter 3 : Virtue in the Vice - Pride & Envy - St. Mark's Presbyterian Church | Tucson, AZ

*Destructive themes of the heart: pride, anger, and envy Destructive themes of the heart: selfishness, laziness, evil, and fear The truth about change: you can stop living this way.*

Forum, weekly devotions written by other folks at St. This idea came to us in a Worship Committee meeting as an appropriate theme for Lent given the Lenten themes of self-examination, repentance, and so forth. Can you name the seven? One interesting point I learned was this was never intended to be an exhaustive list of the worst possible things people could do obviously some big ones are missing, like violence and racism. In one of the books I read on this , the author Rebecca DeYoung relayed the image of a tree: The point being that other sins grow out from these seven or eight vices. I appreciate how Myers treats the subject of the seven deadlies. Virtue is not the alien opposite of vice. It swims around in the same gene pool, beginning with the same raw material, the same appetites, the same universal human desires. Myers includes stories, pop culture references, and other gems to make points about the two-sided-coin-ness of virtue and vice. Let each of you look not to your own interests, but to the interests of others. Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. It depends on how you define it. There are so many other terms like pride, but not quite. For instance, is pride the same as self-esteem or self-regard? Is a little bit of pride a good thing for ourselves and for others? Myers put it this way: The sin of pride for some is excess, but the sin of pride for others is a deficiency. The virtue within pride that is often missed in either case is worthiness. Our worth as human beings is that we are created in the image of God. Sometimes, though, we forget that and source our worth in other, less reliable, more superficial places, like our resumes or our physical appearance or what we own external qualities. Our desire to have something that someone else has can inspire us to be better people, or work harder, or hone our own talent. We can want to like someone, to have what they have or to be like them without letting that desire engulf us. Virtuous people are meant to be emulated. Admiration that leads to emulation is a good thing. As disciples we are called to emulate Jesus. I guess the question becomes: At the core of both these virtue and vice pairs is the question: How secure are we in who we are, in that love? Take pride in that.

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## Chapter 4 : Shame and Envy – Our Secret Sins | A Russian Orthodox Church Website

*--Destructive themes of the heart: pride, anger, and envy --Destructive themes of the heart: selfishness, laziness, evil, and fear --The truth about change: you can stop living this way --The truth about choices: they have not been taken from you --The truth about speaking up: your voice deserves to be heard --The truth about standing up.*

It is our hope that you will take advantage of this opportunity to learn about the seed of every sin in the human heart -- pride. Pride is likely not our first choice for a study because it seems so negative to consider. Maybe, we can study something of more value like the false beliefs of cults, or how the church grew in Acts, or better yet, principles of finance from the Bible, after all, Jesus talked a lot about money! Three reasons should justify our study, and now yours. Pride is the source of many other sins. If there was a bacteria that was causing people to be sick, at some point, I would want to stop using all my time treating sick patients, and take the time to understand and stomp out the bacteria causing the infection. Pride is the infection in the human heart that leads to many other ills. Treat the source of the infection, and we can spend less time treating its results. Pride causes men to lie. Fearing what others may think, and to preserve a perceived reputation, a man may lie. Pride causes men to brag. Forgetting that everything we have comes from God, men boast forgetting that it is the kindness of God that allows any good gift in our lives. Pride causes men to steal. Believing that I deserve better than what I have, I will take measures to secure for myself that which is not mine, to fulfill my selfish desires. Pride causes men to covet, envy, and be jealous. Appreciation for what I have is diminished when I see another who has something more, or something better. Pride causes many other sins. Can you think of some sins that are caused by pride? Can you think of a sin that is not prompted by pride? God works against the proud Christians and churches all over the world labor to fulfill the commands of God as they read and understand them. The ministries of the church generally have something to do with things like evangelism, personal holiness, discipleship, relief of suffering, and so on. Men and women are hired, the church staff labors, money is raised and budgeted, people are encouraged and pleaded with to embrace and assist in the fulfillment of the mission. The mission sounds very God honoring, so God will help us right? God wants the same thing that we want right? God gave us the mission right? Yes, it is all true. Both James and Peter told us James 4: How does God resist? The word means to arrange ones self against, to oppose, or too resist. It would not be going too far to say that the effectiveness and success of ministry will be diminished if it is approached with a prideful heart. It is possible that we could be about the business of God, but with an attitude that God hates and we find our work groping to find success or fruit. The children of Israel experienced success in their conquest because they depended on God, and when their success went to their heads, when they became proud of who they were and what they had accomplished, they forgot God, and so God himself opposed them. Praise God, he responds when we confess sin, repent of pride, and turn back to God. Can you think of some ways pride could show up in a ministry? Can you think of some ways God would oppose the proud in the examples you gave above? We underestimate the severity of pride. Jerry Bridges wrote a book titled, *Respectable Sins*, where he discusses the sins that Christians often overlook in their own lives. Clearly pride could not be excluded from the book. Pride can become so prevalent in our lives that it starts to become normal, it begins to seem okay. We stop seeing it as a sin against God and we see it as a normal part of our life. A person may wake up one morning and notice an usual bump on their body, but they do not go to the doctor. Over time the bump grows, it becomes bigger and looks worse, but the person still does not go to the doctor. By the time the person does go into the doctor the bump is a massive tumor and people wonder why it took so long for this person to seek help. The person does not think the tumor is that bad because they are used to seeing it, dealing with it, and in general looking past it. This happened to my sister and she almost died. In the same way pride is growing in the church, but instead of seeking treatment we often ignore it. Sometimes, we simply do not see it. One of the goals of this study is to show the seriousness of pride and how much God hates it -- with this knowledge we will then start to seek treatment for the pride in our lives through Jesus Christ. Can you share a

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time in your life when you acted like the Pharisee in Luke 18? In the previous question, why was it difficult at the time to see that as pride? Give some examples of the way pride was underestimated in the church?

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## Chapter 5 : A Lively Look at the Seven Deadly Sins: An Eight-Week Series | Reformed Worship

1. *What Is an Emotionally Destructive Relationship?* 2. *The Consequences of an Emotionally Destructive Relationship.* 3. *What Makes Relationships Difficult and Destructive?* 4. *Destructive Themes of the Heart: Pride, Anger, and Envy.* 5. *Destructive Themes of the Heart: Selfishness, Laziness, Evil, and Fear. Part Two: Stopping It.* 6.

Posted on September 4, by goodnessofgod Here are my teaching notes for Bible fellowship tonight. Enjoy and ponder this important message. Pride is one of the most destructive forces of mind, body and heart on the planet Earth. Since the beginning of time, pride has reared its ugly head and has caused widespread devastation. The most harmful thing about pride is what it will do to our relationship with God. Pride will wreck and ruin your walk with God and erects an iron curtain up against closeness and intimacy with God. Pride replaces God and arrogantly takes its reign on the throne of our hearts. Pride is a king doomed to fail, and unless we deal with pride daily and eradicate all remnants of it from our heart and life, we will never walk with God and bear fruit for His glory. Pride is all about the glory of man not the glory of God. Pride is a subtle enemy of the heart and can be very deceptive to detect in our lives. Pride always exalts self above God. Pride is the great catalyst of all rebellion and idolatry against God. Pride is at the heart of all evil and drives a person farther and farther from the heart of God. It is amazing what pride can do to the human heart. Pride corrupts the heart and is like a terminal disease that spreads into the heart and brings death. Pride kills your love for God, kills your passion for God, and kills your desire for God. Pride is behind every sin ever committed, every rebellion against God and His Word, and every fall of the heart of a person from the loving embrace of His Creator. Pride is the number one destroyer of relationships in the world including our relationship with God. We must guard our heart against pride or relationship with God will harden and wither away. Pride is the enemy of intimacy with God. Pride is the great destroyer of selfless love for our God with all our heart, soul mind and strength. Pride is a robber who with great stealth comes into the heart and steals our destiny. Pride is the fuel of all idolatry as it always sets itself up against God Almighty and His words of life contained in the Bible. Pride can grow and develop and sets its roots into the heart to where it can become very difficult to uproot it from our lives. Only with the help of God can pride be destroyed and kicked out our hearts. Pride goes before destruction, and a haughty spirit before a fall. Pride has made insidious roads into Christianity especially among its leadership, the pastors, the deacons, the missionaries, the authors, the musicians, the evangelists, the preachers and the scholars. Pride, envy, boasting, self-glorification, strife, smugness and arrogance are running rampant throughout the churches, the mission fields, the studios, the Christian television stations and the seminaries. Look what I have done! Look at how many people I have coming! I am bigger than you; more important than you; nothing is going to get in my way! I revel in the glory of the masses; I am a famous Christian; everyone knows about me; I am building my kingdom. Jesus is going to have to move over and give me that special place in his kingdom! Bow down to my reputation! It is fake; it is religion at its best; it is dangerous for it comes from a hardened heart that is light years away from the heart of God. God resists this type of arrogant, prideful Christian leadership and it only leads to destruction. Pride is destroying the Christian witness for Jesus Christ. It is simply pathetic how much pride there is in modern day Christianity and it looks so good on the outside, seems so harmless, and looks like it is doing the work of the Lord, yet it is leading many a soul down a path of destruction. If you do not destroy pride in your heart it will destroy your love, your purpose, your calling, your heart and your destiny. In no uncertain words, my plea to every Christian is kill pride now from every vestige of your heart. We were born with a sin nature that embraces pride, that loves pride, and that worships pride. It is so easy to fall into pride, but pride is the great destroyer of marriages, families, churches, communities, countries and individual lives. That the triumphing of the wicked is short, and the joy of the hypocrite but for a moment? Though his excellency mount up to the heavens, and his head reach unto the clouds; Yet he shall perish forever like his own dung: Pretty humbling words in Job for all those filled with pride. Should not we look to the example of our Lord Jesus Christ? Let nothing be done

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through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others. Nothing should be done out of strife or vain glory. We are to esteem others higher than ourselves. How we have missed that in Christianity! What gives us the right to try to make a reputation or name for ourselves when even Jesus Christ did not try to when he walked in his ministry on the earth? Wake up leaders in the church as our job is not to make ourselves and our ministry known and get a reputation. It is to humble ourselves and serve God and others without the necessity of fanfare, a parade and high school band and our faces and name plastered all over creation. Only God deserves the glory. Would we serve God if no one ever knew about it? Would we humble ourselves and serve God in obscurity in the world where few ever notice or recognize it? God recognizes it when it is done with that kind of heart. The devil never learned this lesson. Lucifer was breathtaking in beauty and wisdom as a great archangel and cherubim of God. He was the first being to ever have pride and it destroyed everything and caused an enormous fall from heaven that rocked the heavens and earth. All because of the pride of his heart that allowed sin to pour in. Ezekiel 28 and Isaiah 14 set the framework and the pattern of all pride in the fall of Lucifer. Why do you think God put these sections in His Word? He wanted us to see the devastating effects of pride on our relationship with God first and foremost and how pride can turn a devoted heart to a rebellious heart against God. God draws comparisons between the Prince of Tyrus and the Devil in this chapter and figuratively the Devil is referred to as the Prince of Tyrus. Pride in the most basic definition is lifting up your heart and declaring yourself God in some way, shape or form. It is a glorification of self and a casting down of God. I can do this! Look at my achievements, look at my accomplishments! Pride is to set your heart as the heart of God and that is exactly what the devil did. Pride is a proclamation that you occupy the seat and throne of your life. Simply when you peel away all the layers, pride is a declaration that you are god. We are deceived into not even realizing that this is happen but self-exaltation; self-glorification; self-glory is all rooted in pride and is a subtle proclamation of your deity. Pride always acts like it is God. Pride thinks it knows more than God; is wiser than God; is cleverer than God; is more enlightened than God and is better than God. Pride gives one a false sense of freedom and power. Pride gives one a rush of adrenaline and a thrill of being on top of the world. Pride is at the root of hatred. Pride is at the root of indifference. Pride is at the root of selfishness. Pride is the cause of all wars and conflict in the world. Pride always lead to disaster of the heart, and destroys all who revel in it. To give your heart to pride always will cause one to eventually fall into destruction. Pride is the recipe for death as it thrusts the heart against God and His purposes. Pride lifts up, sits and sets itself against God. This haughty prince declared he was Elohim and El. Hebrew is a pictographic language and each of the 22 letters of the Hebrew alphabet represents a picture that can add incredible insight into the meaning of a word. God is to be the first strength, the strong controller, the first voice and the strong shepherd. God or an idol? Pride places ourselves as our strength instead of God. Pride tries to be the first controller, the first voice, and the strong shepherd in our lives. No matter how hard the devil tries or how much he desire, he can never be El. No matter how much pride tries and brandishes its chest it can never be El. Pride or the Devil can never occupy the position of El with any success for they do not unify but divide; they are not faithful but unreliable; they are not the Most High but the Most Low; they are not truth but lies; the are not all-sufficient but all-lacking; they are everlasting but fleeting and temporal like a shadow; they do not see with the heart of God but only see for their own selfish gain; they are not righteous but evil; they are not might but weak; they are true knowledge but false knowledge; they are not great but of no worth; they are not the glory of God but the glory of man; they are not the god of the heavens but simply of the world; they are not the true God of your life but the false God of your life; they are not patience and consolation but strife and agitation; they are not compassionate but hateful and hurtful; they are not merciful but critical and condemning; they cannot save but only destroy. Weakness can be our greatest friend or greatest enemy-the great question is where will we turn in weakness? Weakness can be our greatest spiritual asset if know where to turn. Do we grab a hold of ourselves or grab a hold of God? Do we turn to the face of man or the face of God?

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## Chapter 6 : Power, Pride and Anger - She Reads Truth : She Reads Truth

*Previously, I introduced Leslie Vernick's The Emotionally Destructive Relationship: Seeing it, Stopping it, Surviving it (Harvest House). Here's some more tidbits from the rest of Part one (Seeing it): 1. Chapter two covers the typical emotional, physical, mental, relational, generational, and spiritual effects of destructive relationships.*

What did Francine finally do to help her husband, Frank, take responsibility for his temper? Each time Frank began losing control, Francine would leave and stay overnight in a hotel. Handling Anger in a Godly Way. She called the police and they talked Frank into calming down. She had family and friends gather to lovingly confront Frank about his temper. In this chapter, which is NOT true? The author gently kicks her clients in the shins in order to teach them to stand up to destructive people. People who refused to listen or acknowledge their wrongdoing were treated differently by Christ than those who humbly acknowledged their failings. Sometimes a temporary marital separation is necessary when one spouse is an unrepentant, destructive person. The Lord tells us the secret of abiding in Him is to quiet ourselves, externally as well as internally, so that we can know He is with us and in us Psalm In the Bible, what does God say about we Christians? He will calm all our fears Zephaniah 3: It gave Him great pleasure to adopt us into His own family through Christ Ephesians 1: There is no condemnation for those who belong to Christ Jesus Romans 8: Which is NOT recommended regarding our bad emotions? Holding onto resentment is a good example of punishing the offender. Make a choice to let go of bad emotions. Doing something helpful for someone can lift our spirits. Seek professional counseling if you regularly experience depression, suicidal thoughts, self-hatred, or rage. Which is NOT true about interacting with a destructive person? Treat that person like you would treat a stranger. Have no expectations of a positive encounter. Treat them just like they are treating you. A Special Word to People Helpers p. Which of the following does the author advise to do when counseling people in an abusive relationship? Look for things the victim might have done to provoke the abusive incident. Do marriage counseling with the victim and abuser. Act as a temporary rescuer because the victim is in no state of mind to think for himself or herself. At the close of counseling sessions, ask clients if you can pray for them.

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### Chapter 7 : Calvary Chapel Golden Springs Online Store - Sin: The Root of All Evil - Books

*to conceal in our heart. Themes of the heart as expressed in Leslie Vernick's book, The Emotionally Destructive Relationship, disclose the dynamics of emotionally destructive relationships. The Proud Heart Proverbs NIV "Pride goes before destruction, a haughty spirit before a fall." The proud person is his own god.*

Fearing that their partner will experience sexual jealousy the person who has been unfaithful may lie about their actions in order to protect their partner. Experts often believe that sexual jealousy is in fact a biological imperative. It may be part of a mechanism by which humans and other animals ensure access to the best reproductive partners. In the period around and shortly before ovulation, males are found to display more mate-retention tactics, which are linked to jealousy. Factors, such as feelings of inadequacy as a partner, sexual exclusivity, and having put relatively more effort into the relationship, are positively related to relationship jealousy in both genders. Communicative responses[ edit ] As romantic jealousy is a complicated reaction that has multiple components, i. Communicative responses serve three critical functions in a romantic relationship, i. Interactive responses is face-to-face and partner-directed while general behavior responses may not occur interactively. Interactive responses can be broken down to six types falling in different places on continua of threat and directness: Integrative Communication low threat and high directness. Active Distancing medium threat and medium directness. Negative Affect Expression medium threat and medium directness. Distributive Communication high threat and high directness. Guerrero and colleagues have also proposed five general behavior responses. The five sub-types differ in whether a response is 1 directed at partner or rival s , 2 directed at discovery or repair, and 3 positively or negatively valenced: Manipulation Attempts partner-targeted, repair-oriented, negatively valenced. Compensatory Restoration partner-targeted, repair-oriented, commonly positively valenced. Violent Behavior -, -, negatively valenced. While some of these communicative responses are destructive and aggressive, e. Jealousy anger is associated with more aggressive communicative response while irritation tends to lead to more constructive communicative behaviors. Gender-based differences[ edit ] According to the Parental Investment Model based on parental investment theory, more men than women ratify sex differences in jealousy. In addition, more women over men consider emotional infidelity fear of abandonment as more distressing than sexual infidelity. These findings imply that psychological and cultural mechanisms regarding sex differences may play a larger role than expected Levy, Blatt, Schachner. As a coping mechanism these individuals would report sexual infidelity as more harmful. Moreover, research shows that adult attachment styles strongly conclude with the type of infidelity that occurred. Thus psychological and cultural mechanisms are implied as unvarying differences in jealousy that play a role in sexual attachment. The emotional jealousy predicted in females also held turn to state that females experiencing emotional jealousy are more violent than men experiencing emotional jealousy. For example, due to paternity uncertainty in males, jealousy increases in males over sexual infidelity rather than emotional. According to research more women are likely to be upset by signs of resource withdraw i. A large amount of data[ which? However, one must consider for jealousy the life stage or experience one encounters in reference to the diverse responses to infidelity available. Research states that a componential view of jealousy consist of specific set of emotions that serve the reproductive role. Despite this fact, anger surfaces when both parties involved is responsible for some type of uncontrollable behavior, sexual conduct is not exempt. Sabbini and Silver, Averill Some behavior and actions are controllable such as sexual behavior. However hurt feelings are activated by relationship deviation. No evidence is known to be sexually dimorphic in both college and adult convenience samples. As a result, it may only activate at stages in on. One study discovered serious relationships are reserved for older adults rather than undergraduates. For example, Buss et al. Jealousy is composed of lower-level emotional states e. Although research has recognized the importance of early childhood experiences for the development of competence in intimate relationships, early family environment is recently being examined as well Richardson and Guyer, They reported, in a paper published in

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PLOS ONE in , that a significant number of dogs exhibited jealous behaviors when their human companions paid attention to dog-like toys, compared to when their human companions paid attention to nonsocial objects. Scientific definitions[ edit ] People do not express jealousy through a single emotion or a single behavior. Scientists instead define jealousy in their own words, as illustrated by the following examples: First, all the definitions imply a triad composed of a jealous individual, a partner, and a perception of a third party or rival. Second, all the definitions describe jealousy as a reaction to a perceived threat to the relationship between two people, or a dyad. These themes form the essential meaning of jealousy in most scientific studies. Comparison with envy[ edit ] Popular culture uses the word jealousy as a synonym for envy. Many dictionary definitions include a reference to envy or envious feelings. In fact, the overlapping use of jealousy and envy has a long history. While this kind of usage blurs the boundaries between categories that are intellectually valuable and psychologically justifiable, such confusion is understandable in that historical explorations of the term indicate that these boundaries have long posed problems. Classical Latin used *invidia*, without strictly differentiating between envy and jealousy. It was not until the postclassical era that Latin borrowed the late and poetic Greek word *zelotypia* and the associated adjective *zelosus*. Lloyd, , page 4 [34] Perhaps the overlapping use of jealousy and envy occurs because people can experience both at the same time. A person may envy the characteristics or possessions of someone who also happens to be a romantic rival. People often use the word jealousy as a broad label that applies to both experiences of jealousy and experiences of envy. For example, philosopher John Rawls [38] distinguishes between jealousy and envy on the ground that jealousy involves the wish to keep what one has, and envy the wish to get what one does not have. Psychologists Laura Guerrero and Peter Andersen have proposed the same distinction. Fear of loss Suspicion of or anger about a perceived betrayal Low self-esteem and sadness over perceived loss Uncertainty and loneliness Fear of losing an important person to another Distrust The experience of envy involves:

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### Chapter 8 : Jealousy - Wikipedia

*Anger is a universal problem. It is not limited to one age group, culture, race, economic level, social status, educational background, or any other classification. Unresolved anger is one of the chief contributing factors to the destruction of marriages, the breakdown of families, and the weakening of communities.*

The tragedy Othello focuses on the doom of Othello and the other major characters as a result of jealousy. It utterly corrupts their lives because it causes Iago to show his true self, which in turn triggers Othello to undergo an absolute conversion that destroys the lives of their friends. Othello represents how jealousy, particularly sexual jealousy, is one of the most corrupting and destructive of emotions. Roderigo and Bianca demonstrate jealousy at various times in the play, and Emilia demonstrates that she too knows the emotion well. Only Desdemona and Cassio, the true innocents of the story, seem beyond its clutches. Shakespeare used the theme in other plays, but nowhere else is it portrayed as quite the "green-eyed" monster it is in this play. Since it is an emotion that everyone shares, we watch its destructive influence on the characters with sympathy and horror. Jealousy is the main factor that appears to destroy Othello. Iago is the initiator of the chain of events that sparks jealousy in Othello, and eventually leads to the downfall of not only the main character, but also of most of the significant characters in the book. In Othello Shakespeare presents us with the tragic spectacle of a man who, in spirit of jealous rage, destroys what he loves best in all the world. We will be able to best realize the tragic effect jealousy if we consider first the nature of the relation between Othello and Desdemona. The love of Othello and Desdemona transcends the physical barriers of color, nationality and age. But this love is destroyed as soon as jealousy enters into the mind of Othello. Scene 3, Cassio speaks to Desdemona, asking her to intercede with Othello on his behalf. She promises to speak of him with her husband repeatedly until the quarrel is patched up and Cassio is recalled. In the meantime, Othello and Iago enter and Cassio, who is embarrassed because of his antics the previous night, embraces Desdemona and departs. Iago further insinuates that Cassio was not just leaving, but that he was "steal[ing] away so guilty-like" Desdemona speaks of Cassio, and Othello, to please her, agrees to see him, but he is distracted by his private thoughts. As Desdemona leaves, Othello chides himself for being irritated by his wife. Lovingly he sighs, "Excellent wretch! A conversation follows between Othello and Iago, in which Iago continues to imply that he knows something that he refuses to divulge, Othello denies that he would give himself over to jealousy. In his denial, he shows himself most vulnerable. He is consumed with doubt and suspicion. Othello voices his old fears that Brabantio was right, that it was unnatural for Desdemona to love him, that he was too horrible to be loved, and that it could not last. Iago leaves, and Othello contemplates his situation: He could be tricked, married to a woman who is already looking at other men, and he fears that he must wipe her out of his heart. He tries to tell himself that it is not true. Iago also urges Othello to recall that Desdemona deceived her own father by marrying Othello. The implication is clear; Iago does not have to state it: If Desdemona deceived her own flesh and blood, she might just as naturally deceive her husband. They go in to dinner, and Emilia picks up the fallen handkerchief, one that her husband, Iago, often urged her to steal from Desdemona. Emilia decides to have a copy made to give to Iago, but he enters, sees the handkerchief, and snatches it from her. When Othello enters, Iago sees that Othello cannot regain his peace of mind. His speech is fevered, sweeping and frantic; he believes that his wife has been unfaithful to him. Cornered, Iago produces the dream story: Cassio spoke in his sleep, embraced him, called him Desdemona, and cursed the Moor. Iago tells Othello that he has seen Cassio wipe his brow with a handkerchief embroidered with strawberries; Othello recognizes this handkerchief as the one he gave to Desdemona. Othello dismisses love and calls for vengeance. Certainty has freed his mind from doubt and confusion. Now he swears action, and Iago swears to help him. Othello wants Cassio dead, Iago agrees to do it, and then Othello wonders how to kill Desdemona. When Othello enters, he claims a headache and asks her for a handkerchief to bind his head, but he will have only the embroidered strawberry handkerchief. Desdemona cannot produce the handkerchief and tries to deflect his questions about

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the handkerchief, speaking again of Cassio. Othello walks out in fury. But Othello is totally engulfed by his jealousy in Act IV: It is, for Othello, the "ocular proof" he sought. This is the second time Othello has sworn to kill both Cassio and Desdemona. Othello goes directly to the point: Again the agreement is made: Iago is to kill Cassio, and Othello is to kill Desdemona. Thus we see how the passion of jealousy, which derives from pride and breeds anger, gradually gains control over Othello and destroys his initial nobility, so that he finally turns into the black beast that he was at first unjustly accused of being. The decline in the moral and spiritual stature of Othello goes hand in hand with the destruction of his love for and faith in Desdemona. His feelings of jealousy uncovers his actual self. Jealousy divorces Iago from rationality and this loss of rationality causes Iago to make a life of jealousy and plots to destroy Othello. Iago alludes to Othello that his wife, Desdemona, has been unfaithful with Cassio. Iago initially intends to hurt Othello and make him regret appointing Cassio as his lieutenant; however, he ends up hurting others in the process. The major characters of Iago and Othello clearly possess this jealousy and show how it affects them. Iago is forced to expose his actual nature and Othello undergoes a total transformation from a normal human to a spiteful monster. Obviously, jealousy does cause people to change in horrific ways. The dramatic irony is that the most jealous indignation is expressed over offenses that did not happen: Othello jealous about his wife; Bianca jealous about Cassio; Iago formerly jealous about Emilia. Each character attempts to cope as an individual, except Emilia, who has a theory that jealousy is a constituent part of masculinity. The evidence before her own eyes backs up her assessment.

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### Chapter 9 : Greed Quotes - BrainyQuote

*The 7 Deadly Sins are the sins that are common to everyone, are destructive, subtle, and are rooted in pride. Pope Gregory the Great was the 6th century Pope () that gave the name 7 Deadly Sins to a specific set of behavior prevalent in his day.*

But you hide this feeling inside yourself. Do you know that this condition is a sickness of soul and heart and it also harms your physical health is called as Envy, Destructive Jealousy Hasad? Hasad destructive jealousy is among the most destructive emotions or feeling which a man may have towards his fellow human being. It causes him to wish evil for others and to be happy when misfortune befalls them. On the other hand, what Islam permits in contrast to Hasad destructive jealousy is Ghibtah envy that is free from malice, which means neither loving the loss of the blessing nor hating for it to remain with the person, but desiring the same for oneself without the removal of the blessing from others. Beware of envy because indeed envy destroys good deeds in the same manner as fire destroys wood Imam al-Baqir as said: Envy is a disease without remedy Imam Ali as said: Envy is worst of diseases Imam Ali as said: The envious person is permanently sick Imam Ali as said: The health of body is in absence of envy Imam Ali as said: Envy is prison for spirit Imam Ali as said: Envy is an exhausting ride Imam Ali as said: Envy is the great trap of Shaitan Satan Imam Ali as said: Envy is the source of humiliations Imam Ali as said: The one who loves envy, is loved by the troubles Imam Ali as said: The fruit of envy is the misery of world and the hereafter Imam Ali as said: Envy weakens the body Imam Ali as said: Envy dulls the complexion Imam Ali as said: The envious person cannot get relief from envy Imam Ali as said: The envious person cannot be a leader Imam Ali as said: The envious person is angry over the destiny Imam Ali as said: An envious person is a bad companion Imam Ali as said: The one who gives up envy is loved by the people Imam Ali as said: Expecting good advice from envious is fruitless Imam Ali as said: It is enough for you that the envious person is sad at your happiness Imam Ali as said: The envious is fast to leap in an attack while slow in showing kindness Imam Ali as said: The envious person is sick although he apparently possesses healthy body Imam Ali as said: The envious person has many unfulfilled desires and his sins are double Imam Ali as said: May Allah SWT deal with envy! For what an enemy it is! It kills the one who has it Imam Ali as said: The one who is envious imagines that the blessing possessed by envied will be lost and reach him Imam Ali as said: The envious person looks like a loving friend by his speech, but hides malice behind his actions, he is friend only by name but by his characteristics, he is an enemy Imam Ali as said: I have not seen an oppressor so similar to oppressed like an envious person, because he is with permanently sick soul, disturbed heart and inseparable sorrow Imam Jafar Sadiq as said: There is no tranquility for the envious Imam Jafar Sadiq as said: There is no prosperity for envious Imam Jafar Sadiq as said: Satan Iblis says to his gang: Beware of envying each other for indeed the basis of disbelief kufr is envy Hazrat Luqman as said to his son: The envious person has three signs: Imam Jafar Sadiq as said: A believer desires to achieve a blessing and avoids envy while a hypocrite envies and is not desirous of achieving the blessing O Allah, Bless Muhammad and his Household and provide me with a breast safe from envy, such that I envy none of Thy creatures and in anything of Thy bounty and such that I see none of Thy favors toward any of Thy creatures in religion or this world, well-being or reverential fear, plenty or ease, without hoping for myself better than it through and from Thee alone, who hast no associate! Yet, it is worth repeating. Once a person went through a rigorous process of penance to please Jinn Genie and he succeeded. Jinn Genie appeared and said, "What is your wish, my dear? Kindly promise that you would grant whenever I wish for any thing! Next morning, he wished for a palatial house. Then, he wished for a luxury car. Again, the neighbour got two luxury cars! So, they multiplied manifold in his case too. He wished for more and more. The gracious Jinn Genie granted all his wishes. He became very prosperous. But the neighbour becomes twice as prosperous! Now, the person was very jealous and envied. He found a clever solution. He prayed Jinn Genie to take one of his eyes. He lost one eye and his neighbour lost both eyes. He further asked the Jinn

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Genie to take one of his hands and then one of his legs. In this way, he lost one eye, one hand, and one leg. And the neighbour lost both eyes, both hands, and both legs. Now, the person felt contented and said, "It is wonderful, indeed. Thanks a lot, the great Jinn Genie! The envious person is not satisfied until the blessing from the person he envies is lost Envy is a dangerous Heart Disease, Envy, Jealousy Hasad Frog Magic story A woman was out golfing one day when she hit her ball into the woods. She went into the woods to look for it and found a frog in a trap. The frog said to her, "If you release me from this trap, I will grant you three wishes. The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis, that women will flock to. For her second wish, she wanted to be the richest woman in the world. The frog said, "That will make your husband the richest man in the world and he will be ten times richer than you. The frog then inquired about her third wish, the woman was very jealous and envied of her husband, and hence she answered, "I would like a mild heart attack.