

A photograph of a desert landscape featuring large sand dunes under a sunset sky. The sand in the foreground is marked with numerous small, rhythmic ripples and a series of footprints that lead from the bottom left towards the middle ground. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue.

Seven

WELL-WORN PATHS





# James 3:13-18

<sup>13</sup> Who is wise and understanding among you?  
Let them show it by their good life, by  
deeds done in the humility that comes from  
wisdom.

<sup>14</sup> But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. <sup>15</sup> Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. <sup>16</sup> For where you have envy and selfish ambition, there you find disorder and every evil practice.

<sup>17</sup> But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. <sup>18</sup> Peacemakers who sow in peace reap a harvest of righteousness.



13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.





<sup>14</sup> But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. <sup>15</sup> Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. <sup>16</sup> For where you have envy and selfish ambition, there you find disorder and every evil practice.

Envy: feeling bitter when others  
have it better.





Jealous

Covetous

Envious

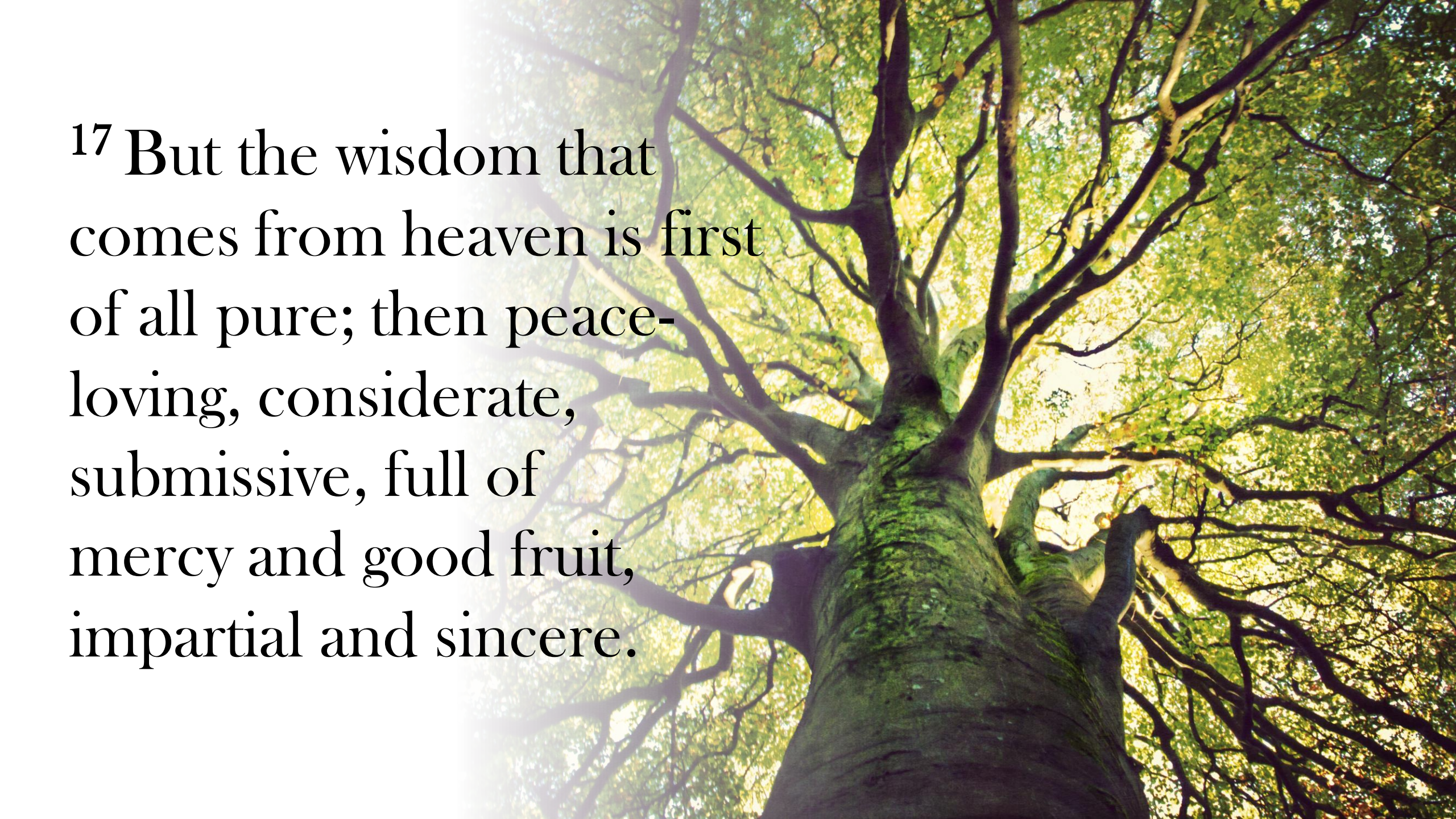






“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength” and “Love your neighbor as yourself.”





<sup>17</sup> But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.



18 Peacemakers  
who sow in  
peace reap a  
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righteousness.











- Name the envy.





- Name the envy.
- Love your enemies (Part 1).





- Name the envy.
- Love your enemies (Part 1).
- Love your enemies (Part 2).

You've got all that emotion that's heaving like an ocean  
And you're drowning in a deep, dark well  
I can hear it in your voice that if you only had a choice  
You would rather be anyone else  
I love you just the way that you are  
I love the way He made your precious heart  
Be kind to yourself  
Be kind to yourself



I know it's hard to hear it when that anger in your spirit  
Is pointed like an arrow at your chest  
When the voices in your mind are anything but kind  
And you can't believe your Father knows best  
I love you just the way that you are  
I love the way He's shaping your heart  
Be kind to yourself  
Be kind to yourself

How does it end when the war that you're in  
Is just you against you against you  
Gotta learn to love, learn to love  
Learn to love your enemies too...  
Gotta learn to love, learn to love  
Learn to love your enemies too

*Be Kind to Yourself* (Andrew Peterson)





- Name the envy.
- Love your enemies (Part 1).
- Love your enemies (Part 2).
- Give thanks.

# Breath Prayers

*Inhale:* Nothing can separate me  
*Exhale:* from the love of God.

*Inhale:* You fill my life  
*Exhale:* with good things.