

JEALOUSY AND VENGEANCE

During my long lifetime, I've noticed two emotions that do not result in the satisfaction expected by the person who uses them. These are:

JEALOUSY
VENGEANCE

JEALOUSY

This emotion wastes an awful lot of time and never accomplishes anything except generating envy, spite, and resentment. Yet many people pursue all these without realising they are accomplishing nothing, not even self-satisfaction. I found out all this the hard way by doing them, only to realise the futility. In simple terms, jealousy is being angry at people who show they can do things more effectively than we can.

Jealousy can result in us becoming envious, spiteful, and resentful. If these emotions are not ignored, they could cause anger, murder, and wars. Jealousy never causes contentment, happiness, or love but could destroy any type of happy relationship.

ENVY is desiring something other people have that you don't. This, too, could cause theft, jealousy, murder, and wars. The time spent being envious, which gains nothing positive, could have been spent on more beneficial activities which bring us happiness.

SPITE is an activity aimed at causing someone discomfort. It is another time-wasting exercise that accomplishes nothing but can generate animosity and conflicts.

RESENTMENT is a self-imposed feeling of animosity toward another person. As it's self-imposed, it's a truly stupid feeling, but again, it can cause misery to others and never peace or happiness to the person being resentful.

I was really upset when I looked back and realised how these emotions had caused me so much unhappiness and misery and made me wonder why I'd ever considered them at all. They had not only caused me to experience unhappiness and misery, but they'd led others to seek vengeance against me.

Since then, I've learned that love and compassion can always defeat these human traits, and they never fail to bring happiness and contentment. Never consider using envy, spite and resentment as they can cause great unhappiness, leaving people with no real friends—a truly awful way of life.

VENGEANCE

This emotion is a thing most people wish for against others who have offended them. They want to get their own back, causing the offender pain or discomfort. When people use vengeance, they find that it:

- Can lead to serious bullying.
- Affects not only the offender but also those near the offender.
- Can waste a lot of time for the person who wants vengeance.
- Very rarely achieves anything for the person wanting vengeance.

I found a simple definition of vengeance as being:

RETRIBUTION EXACTED FOR AN INJURY OR WRONG.

One can also be VENGEFUL. This is causing injury, humiliation, or harm to one person by another who has been harmed by that person. To take one's **vengeance** is the desire for revenge.

If someone hurts you, you might be inspired to plan an act of vengeance: some type of payback to settle the score, but remember, this might lead someone to take vengeance on you in return. It's a downward spiral of pain and betrayal, one person hurting another, who hurts another, and so on. Someone who wants revenge usually pursues it with a vengeance.

It's an activity that wastes a lot of time and rarely achieves its aim or satisfies the person taking revenge; it's not worth the effort. God himself knew this, and it's probably why He said, "Vengeance is mine" (Romans 12:19). In other words, leave it to God.