

**JESUS HELPS  
ME WITH...  
JEALOUSY**

**DISCIPLESHIP CHALLENGE: JEALOUSY EXCHANGE LOG**

<b>Jealous Thoughts</b> (Pictures or Words)	<b>Thankful Thoughts</b> (Pictures or Words)

Review your log at the end of the week. Did you have more jealous thoughts or more thankful thoughts? Which is easier for you? How can you have more thankful thoughts?

**"Don't live any longer the way the world lives. Let your way of thinking be completely changed..." Romans 12:2a (NIRV).**