

PASTOR
MELISSA QUAH

the DARKNESS
WITHIN



I SURVIVED

This certificate
is proudly presented to

~~MELISSA~~ ZEPH

for possessing the courage and
determination required to take on
the Faraday's Cage Challenge on

10th September 2026

at Science Centre Singapore



Tesla Coil Specialist



Energy Titans Host

SCIENCE
CENTRE
singapore

JEALOUSY



Have you ever been happy for someone,
but deep down wondered, "Why not me?"



Envy is wanting what someone else has.



Jealousy goes a step further.
It is the fear that someone else is taking
what we believe should belong to us.



Proverbs 27:4 (NIV)

4 Anger is cruel and fury overwhelming,
but who can stand before jealousy?



James 3:16 (NLT)

¹⁶ For wherever there is jealousy and selfish ambition, there you will find **disorder** and **evil of every kind**.



Genesis 37:3-11 (NIV)

³ Now Israel loved Joseph more than any of his other sons, because he had been born to him in his old age; and he made an ornate robe for him. ⁴ When his brothers saw that their father loved him more than any of them, they hated him and could not speak a kind word to him.



Genesis 37:3-11 (NIV)

⁵ Joseph had a dream, and when he told it to his brothers, they hated him all the more. ⁶ He said to them, “Listen to this dream I had: ⁷ We were binding sheaves of grain out in the field when suddenly my sheaf rose and stood upright, while your sheaves gathered around mine and bowed down to it.”



Genesis 37:3-11 (NIV)

⁸ His brothers said to him, “Do you intend to reign over us? Will you actually rule us?” And they hated him all the more because of his dream and what he had said. ⁹ Then he had another dream, and he told it to his brothers. “Listen,” he said, “I had another dream, and this time the sun and moon and eleven stars were bowing down to me.”



Genesis 37:3-11 (NIV)

¹⁰ When he told his father as well as his brothers, his father rebuked him and said, "What is this dream you had? Will your mother and I and your brothers actually come and bow down to the ground before you?" ¹¹ His brothers were jealous of him, but his father kept the matter in mind.



Proverbs 14:30 (NIV)

³⁰ A heart at peace gives life to the body,
but envy (jealousy) rots the bones.



What steps do we take
to break free from jealousy?



**GUARD OUR HEARTS
AGAINST COMPARISON**



Genesis 37:4 (NIV)

4 When his brothers **saw** that their father loved him more than any of them, they **hated** him and **could not speak a kind word** to him.



Genesis 37:8 (NIV)

⁸ ...And they **hated** him all the more because of his dream and what he had said.



Genesis 37:11 (NIV)

¹¹ His brothers were **jealous** of him, but his father kept the matter in mind.



If you don't guard your heart
against jealousy, it will destroy you.



Genesis 4:4-5 (NIV)

⁴ ...The Lord looked with favor on Abel and his offering, ⁵ but on Cain and his offering he did not look with favor. So Cain was very **angry**, and his **face** was **downcast**.



Genesis 4:6-7 (NIV)

⁶ Then the Lord said to Cain, “Why are you angry? Why is your face downcast? ⁷ If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”



“What am I doing with what I feel?”



Proverbs 4:23 (NIV)

²³ Above all else, **guard** your heart, for everything you do flows from it.



4Cs to guard your heart against comparison:



4Cs to guard your heart against comparison:

1. **Create** distance from whatever feeds comparison



4Cs to guard your heart against comparison:

1. **Create** distance from whatever feeds comparison
2. **Catch** the comparison



4Cs to guard your heart against comparison:

1. **Create** distance from whatever feeds comparison
2. **Catch** the comparison
3. **Choose** gratitude



4Cs to guard your heart against comparison:

1. **Create** distance from whatever feeds comparison
2. **Catch** the comparison
3. **Choose** gratitude
4. **Celebrate** someone else's blessing



Romans 12:15 (NIV)

¹⁵ Rejoice with those who rejoice...



Someone else's blessing
does not make ours any less.





What steps do we take
to break free from jealousy?



**GUARD OUR HEARTS
AGAINST COMPARISON**



TRUST GOD WITH OUR PORTION



Joseph found **contentment** in God
and not in his circumstances.



Philippians 4:11-12 (NIV)

¹¹ ...I have **learned** to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.



Genesis 39:2 (NIV)

² The Lord was with Joseph so that he prospered...



Genesis 39:2 (NIV)

² The Lord was with Joseph so that he prospered...

Genesis 39:3 (NIV)

³ When his master saw that the Lord was with him...



Genesis 39:2 (NIV)

² The Lord was with Joseph so that he prospered...

Genesis 39:3 (NIV)

³ When his master saw that the Lord was with him...

Genesis 39:20-21 (NIV)

²⁰ ...But while Joseph was there in the prison,

²¹ the Lord was with him...



Genesis 39:2 (NIV)

² The Lord was with Joseph so that he prospered...

Genesis 39:3 (NIV)

³ When his master saw that the Lord was with him...

Genesis 39:20-21 (NIV)

²⁰ ...But while Joseph was there in the prison,

²¹ the Lord was with him...

Genesis 39:23 (NIV)

²³ ...the Lord was with Joseph and gave him success in whatever he did.



Our circumstances may change,
but God's presence remains constant.



Genesis 50:19-21 (NIV)

¹⁹ But Joseph said to them, “Don’t be afraid. Am I in the place of God? ²⁰ **You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.** ²¹ So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.



God's portion may not always look good
when we compare it with someone else's.

But **God's purposes are always bigger**
than what we can currently see.





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Psalm 16:5 (NIV 1984)

⁵ Lord, You have **assigned me my portion**
and my cup; You have made my lot secure.



What steps do we take to break free from jealousy?



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GUARD OUR HEARTS AGAINST COMPARISON



What steps do we take to break free from jealousy?

**GUARD OUR HEARTS
AGAINST COMPARISON**

**TRUST GOD WITH
OUR PORTION**



Psalm 16:5 (NIV 1984)

⁵ Lord, You have **assigned me my portion**
and my cup; You have made my lot secure.



You don't need another person's portion
to fulfil God's purpose for your life.



Romans 3:23 (NIVUK)

²³ for **all** have sinned and fall short of the glory of God,



Romans 6:23 (NIVUK)

²³ For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.



John 3:16 (NIVUK)

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.



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