

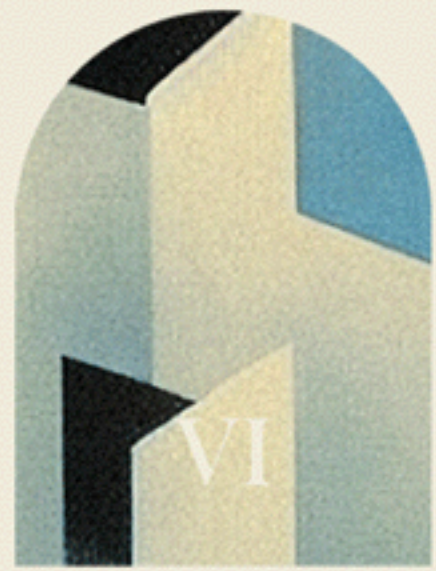
AND YOU SHALL NOT COVET YOUR NEIGHBOR'S  
WIFE. AND YOU SHALL NOT DESIRE YOUR  
NEIGHBOR'S HOUSE, HIS FIELD, OR HIS MALE  
SERVANT, OR HIS FEMALE SERVANT, HIS OX, OR HIS  
DONKEY, OR ANYTHING THAT IS YOUR NEIGHBOR'S.

**DEUTERONOMY 5:21**



# TEN COMMANDMENTS

EXPLORING THE WORLD OF RIGHT & WRONG





# DEUTERONOMY 5

V. 21





AND I SAW THAT ALL TOIL AND ALL ACHIEVEMENT  
SPRING FROM ONE PERSON'S **ENVY** OF ANOTHER.  
THIS TOO IS MEANINGLESS, A CHASING AFTER THE  
WIND.

**ECCLESIASTES 4:4**







# DEUTERONOMY 5

V. 21







PROBLEM #1

**COVETING KILLS  
CONTENTMENT**



THE STUDY REVEALED THAT COMPARING YOURSELF TO OTHER PEOPLE ON SOCIAL MEDIA CAN BE **DETRIMENTAL TO YOUR MENTAL HEALTH, SELF-ESTEEM, SUBJECTIVE WELL-BEING, AND BODY IMAGE** [...] THE 'HIGHLIGHT REEL' NATURE OF SOCIAL MEDIA MEANS THAT THE MAJORITY OF CONTENT WE ARE EXPOSED TO LEAVES US WITH THE IMPRESSION THAT **OTHERS ARE DOING**

**ERIC W. DOLAN**



**BETTER THAN US. COMPARING OUR LIVES TO THOSE THAT WE PERCEIVE AS “BETTER-OFF” IS REFERRED TO AS AN UPWARD COMPARISON AND IS DAMAGING TO OUR PSYCHOLOGICAL WELL-BEING AND THE WAY THAT WE VIEW OURSELVES.**

**ERIC W. DOLAN**







PROBLEM #2

**COVETING KILLS  
COMMUNITY**



WHAT CAUSES FIGHTS AND QUARRELS AMONG YOU? DON'T THEY COME FROM YOUR DESIRES THAT BATTLE WITHIN YOU? YOU DESIRE BUT DO NOT HAVE, SO YOU KILL. YOU **COVET** BUT YOU CANNOT **GET WHAT YOU WANT**, SO YOU **QUARREL AND FIGHT**.

**JAMES 4:1-2A**







PROBLEM #3

**COVETING  
CONTRADICTS  
GRACE**



GRACE AND PEACE BE YOURS IN **ABUNDANCE**  
THROUGH THE KNOWLEDGE OF GOD AND OF  
JESUS OUR LORD. HIS DIVINE POWER HAS GIVEN  
US **EVERYTHING WE NEED** FOR A GODLY LIFE  
THROUGH OUR KNOWLEDGE OF HIM WHO CALLED  
US BY HIS OWN GLORY AND GOODNESS.

**2 PETER 1:2-3**





THEN JESUS DECLARED, "I AM THE BREAD OF LIFE.  
WHOEVER COMES TO ME WILL NEVER GO HUNGRY,  
AND WHOEVER BELIEVES IN ME WILL NEVER BE  
THIRSTY.

**JOHN 6:35**





**...GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS.**

**1 THESSALONIANS 5:18**







...ONE MORE THING:



...ONE MORE THING:  
**GENEROSITY**





