THE SPIRIT OF ENVY

How the Heart Is Soured by What Another Has Received

Pastor Dr. Emmanuel Mukisa, D.D.

WOT PUBLISHING

Published by WOT Publishing

Copyright © 2026 by Pastor Dr. Emmanuel Mukisa. All rights reserved.

First Edition

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the publisher, except in the case of brief quotations used in articles or reviews.

Published by WOT Publishing

www.wotpublishing.com

Cover Design: WOT Publishing

Interior Formatting: WOT Publishing

Unless otherwise indicated, Scripture quotations are taken from the King James Version (KJV) and New King James Version (NKJV) of the Bible. Where alternate translations are used, they are noted accordingly.

For inquiries, permissions, or bulk orders:

Email: books@wotmi.org

Web: www.wotpublishing.com

Tel: +256 742 302 566 / +256 786 821 888

Contents

Preface 1
Chapter 1: The Nature of Envy 3
Chapter 2: From Offence to Envy 7
Chapter 3: Envy at God's Goodness 11
Chapter 4: Envy in the House of God 15
Chapter 5: Signs You Are Carrying Envy 20
Chapter 6: Walking Free of Envy 24
Conclusion: Joy Fulfilled 29
Closing Prayer: A Prayer for a Glad Heart 32
Scripture Index 34
Prayer of Salvation 36
About the Author 37
About the Ministry 39
Other Books by Pastor Dr. Emmanuel Mukisa 41

Preface

Envy is the sin men rarely confess.
A man will tell you he is angry. He will tell you he is hurt. He will even tell you he is offended. But he will seldom tell you he is envious.

Envy hides behind other names.
It calls itself discernment. It calls itself concern. It calls itself zeal for the truth. It calls itself "just being honest".
And all the while it is grieving over what God has given to someone else.

I wrote of familiarity — of how honour is eroded by what becomes too common.
I wrote of offence — of how the heart is closed by what it will not release.
This is the third of these hidden enemies of the heart. This is how the heart is soured.

I have seen envy sit in the front row of churches. I have seen it among ministers who preach the same gospel. I have seen it divide brothers who once laboured side by side. It did not come with a loud voice. It came with a sideways look.

This book is written to the one who has felt that look rising in his own heart — and to the one who has felt it fixed upon him.

You were never made to measure your life by another man's portion.
In Christ, all things are yours.

In these pages you will find a simple call: Rejoice over what God has given your brother.

May these words find the place where comparison was planted.
May they sweeten what envy has soured.
May your heart be glad again — glad in every grace God gives.

— Emmanuel Mukisa

CHAPTER

1

The Nature of Envy

Envy is grief at another man's good.

It is not the same as wanting. A man may want a thing and work for it. A man may desire the best gifts, and the Word tells him to. Envy is something else. Envy looks at what God has given another, and it grieves. It cannot bear that he has it. And very often it would rather he lost it than see him keep it.

Scripture gives envy its true name.
The Hebrew word is *qin'ah* — a heat, a burning of the heart. Solomon said, "A sound heart is the life of the flesh: but envy the rottenness of the bones" (Proverbs 14:30).
Hear it. Envy does not rot the one it looks at. It rots the one who carries it. It goes deep, into the bones, into the frame that holds a man up.

The New Testament uses two words.
The first is *phthonos*, plain envy — the grudging eye that cannot rejoice.
The second is *zēlos*. It is the word for zeal. And James shows what happens when zeal is turned against a brother: "But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth" (James 3:14).
Bitter envying. Zeal gone sour.
The same fire that should burn for God is turned to burn against the one God is blessing.

Solomon asked a question that every leader has learned the answer to: "Wrath is cruel, and anger is outrageous; but who is able to stand before envy?" (Proverbs 27:4).
Wrath rises and falls. Anger burns hot and burns out. But envy waits. It does not shout; it watches. It does not strike in a moment; it plans for years.

The first murder in the world was not born of hunger, or of greed for land. It was born of envy.
Cain and Abel both brought an offering. "And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell" (Genesis 4:4–5).
Abel had taken nothing from Cain. Abel had not spoken against him. Abel had simply been accepted.
And that was enough.

God Himself came to Cain and reasoned with him: "Why art thou wroth? and why is thy countenance fallen? If thou doest well, shalt thou not be accepted?" (Genesis 4:6–7).
The door of acceptance was open to Cain too. The grace that rested on Abel was not closed to him. But envy would not look at its own door. It could only look at Abel.

John tells us plainly why Cain struck: "And wherefore slew he him? Because his own works were evil, and his brother's righteous" (1 John 3:12).

Envy cannot bear the grace upon another.
It does not hate a man for what he did. It hates him for what God gave him.

This is the spirit we are dealing with.
It is quiet. It is patient. It is deadly.
And it begins with a look.

Envy is grief at another man's blessing.

CHAPTER

2

From Offence to Envy