> No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
>
> *— 1 Corinthians 10:13*

Book: New Testament / 1 Corinthians
Topics: desires, addiction, devil, reliability, self-control, temptation

Interpretation:
1 Corinthians 10:13 is a verse that holds a great promise for those who face trials and temptations in their lives. *The Apostle Paul* wrote this letter to the Corinthians to encourage them to remain steadfast in their faith and resist temptations.

In this promise, Paul reminds us that God is faithful and gives us the help we need to withstand any trials and temptations that come our way.

Divine and human

The verse begins by pointing out that there is no trial that is beyond human ability. That is, all the trials and tests we face have a human dimension. This does not mean that our trials are necessarily small or insignificant, but *our Creator* knows our capabilities and what we can endure.

This verse also reminds us of God’s faithfulness. He will never leave us alone in the face of temptation. He will give us the help we need to overcome them. Even when we feel completely overwhelmed, we can trust that God will help us.

God’s grace in trial

The end of the verse is especially encouraging. It tells us that God will provide a way out to endure the trial. This does not mean that God will immediately deliver us from the trial, but that He will give us the grace and strength to overcome it. Sometimes God’s grace comes in simple ways, like the presence of a friend who listens and encourages us, or reading a verse that strengthens us.

Other times, God's grace comes in the form of a clearer answer or a sign that is easier to understand. But God is always faithful to His promise, and He will help us experience the victory He offers us.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.
> *— 1 Corinthians 6:12*

Book: New Testament / 1 Corinthians
Topics: desires, addiction, freedom, life, righteousness

Interpretation:
1 Corinthians 6:12 makes an interesting statement about freedom *in Christ*. It is true that as children of God, we are free to make decisions and do what we want. However, this does not mean that there are no consequences to our actions. This verse is saying that some things may be lawful, but they are not necessarily beneficial or edifying to us.

What does it mean that not everything is for the best?

The word *"convenient"* refers to what is appropriate or convenient in the circumstances. In other words, not everything that is permitted or lawful for us is necessarily best for us. The Bible teaches us that we are to seek the welfare and edification of others, and our decisions and choices should reflect this commitment to Christian love and fellowship.

What does it mean that nothing will possess me?

The Apostle Paul warns that we must be careful that our decisions do not control or enslave us in any way. We must have the freedom to live our lives, but we must always be aware of the consequences of our decisions and actions.

Freedom in Christ does not mean doing whatever we want without considering the consequences. Rather, it means that we are free to pursue what benefits and inspires ourselves and others.

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translating the language. *Matthew 7:7-8*

> But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband.
> *— 1 Corinthians 7:2*

Book: New Testament / 1 Corinthians
Topics: desires, marriage, relationships, sexuality

Interpretation:
1 Corinthians 7:2 speaks of the importance of faithfulness in marriage. The apostasy of the Corinthian church had led to several conflicts over marital issues. Apparently, some felt it was necessary to have multiple sexual partners, which led to unrepentant extramarital affairs.

In this context, *the apostle Paul* uses this verse to encourage the Corinthians to have their own partner and to be faithful to that partner, for this is more pleasing to the Lord.

The importance of marriage

Marriage is important in a person's life. God established marriage as a sacred covenant between a man and a woman for life. Sexual relations outside of marriage are against God's will. Not only are they sinful, but they can cause serious emotional and spiritual harm to everyone involved, including family members.

Faithfulness in marriage

Faithfulness in marriage is crucial. As followers *of Christ*, we are to be faithful to our spouses and avoid any temptations that might lead us away from that faithfulness. God wants us to have a loving, long-term relationship with our partner that resists carnal urges. Infidelity not only hurts our partner, it offends God and our conscience.

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> For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.
> *— 1 John 2:16*

Book: New Testament / 1 John
Topics: desires, addiction, Father, pride, world

Interpretation:
First *John 2:16* tells us that nothing sinful in the world comes from *the Father*, but comes from the world itself. Specifically, this verse points to three main aspects that corrupt our lives: the lusts of the flesh, the lusts of the eyes, and the pride of life.

The phrase *"lusts of the flesh"* refers to the physical impulses and desires that drive our behavior. On the other hand, the vanity of life refers to the arrogance and pride that can cause us to seek the approval of others. Finally, *"the lust of the eyes"* refers to our tendency to be caught up in material things and fleeting pleasures.

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> The world and its desires pass away, but whoever does the will of God lives forever.
> *— 1 John 2:17*

Book: New Testament / 1 John
Topics: desires, Eternal life, obedience, world

Interpretation:
1 John 2:17 is a reminder that everything in this world is temporary and transitory, including desires and material things. In contrast, those who do the will of God will abide forever. This tells us that true strength and stability in our lives comes from seeking and following the Lord, not from seeking satisfaction in the fleeting pleasures of the world.

How can this verse help us?

This verse can be of great help during times of trial and turmoil. Often, we face difficult situations in life that cause us anxiety and stress. However, understanding and applying the teachings of this verse reminds us that everything we pursue in this world will fade away. Therefore, it is important to focus on doing the will of God, trusting that only He can offer us the permanence and security we need.

Likewise, this teaching reminds us of the importance of practicing humility and not depending on the desires and possessions of the world. We often rely on material things for our emotional and spiritual well-being, but by doing God's will, we can find the inner peace and security we seek.

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> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.
> *— 1 Peter 5:8*

Book: New Testament / 1 Peter
Topics: desires, devil, overcoming, persecution

Interpretation:
Apostle *Peter*, in his first letter to Christians, wrote that they should be watchful and sober, because the devil prowls about like a roaring lion, seeking whom he may devour. This expression is a warning to believers not to succumb to the temptations and deceptions of the evil one. It also highlights the reality that we live in a constant battle with the forces of evil.

Be sober

The call to sobriety implies that Christians should not succumb to the influence of worldly passions and desires, but should live in accordance with Christian values ??and principles. Sobriety also implies being alert to the devil's temptations and not allowing them to dominate us. We must guard our minds and thoughts and avoid any situation or person that distances us from the will of God.

Vigilance

The call to vigilance implies constant vigilance and protection from the negative influence of the world and the devil. We must be alert to temptations, worldly opinions, and situations that could threaten our faith. Vigilance also includes constant prayer, asking for God’s guidance and protection at all times.

The enemy

Peter describes the devil as a roaring lion, seeking someone to devour. This imagery indicates the ferocity and determination of the enemy in his quest to destroy our faith and lead us into sin. But it is important to remember that while the devil may be powerful, our God is all-powerful and always with us. If we trust Him and seek His help, we can resist any temptation that comes from the evil one.

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> It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God.
> *— 1 Thessalonians 4:3-5*

Book: New Testament / 1 Thessalonians
Topics: desires, body, Holiness, self-control, sexuality

Interpretation:
The verses in question, *1 Thessalonians 4:3-5*, tell us about God's will for our lives: *our sanctification*. Our primary job as Christians is to draw close to God and live in obedience to His commands. And here it becomes clear that a major part of that is turning away from fornication.

Before we talk about how these verses can help us in our daily lives, it's important to define what is meant by fornication. Fornication is any sexual activity outside of marriage, whether between an unmarried couple or in a marriage in which one party is unfaithful.

This type of behavior is not approved by God, since His design for sexual relations is that they occur only in the context of marriage. Therefore, we are called to turn away from it and remain pure.

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> For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.
> — *1 Timothy 6:10*

Book: New Testament / 1 Timothy
Topics: desires, evil, faith, greed, idols, money

Interpretation:
The Bible verse in *1 Timothy 6:10* is an important reminder that the love of money can be the root of all evil. The desire to accumulate wealth and power can lead to greed and unethical decisions in life, which can lead to a loss of values ??and faith.

The Bible teaches us that money itself is not evil, but the love of it can become a hindrance to our relationship with God and the realization of our true happiness. It is easy to become caught up in prosperity and the accumulation of wealth in this world, but in the long run, this can bring more pain than satisfaction.

A fall from faith

When we focus on money and the accumulation of wealth, we lose sight of the purpose of our lives. We can stray from the inner values ??that are necessary to live a meaningful and successful life in our relationships with God and others. The Bible teaches us to find balance in our lives and not let the pursuit of wealth distract us from our faith.

Pain and consequences

The love of money can bring many negative consequences in our lives. Some people may fall into debt, greed and avarice, while others may succumb to the temptation of corruption and unethical behavior. These actions can have serious consequences, including legal problems, mental and emotional health issues, and loss of morality.

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> Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.
> — *2 Peter 1:4*

Book: New Testament / 2 Peter
Topics: desires, promises, reward, world

Interpretation:
2 Peter 1:4 shows the greatness of the promises God has given us to make us partakers of His divine nature. This promise is an incalculable treasure and a great responsibility for those who seek to follow the *teachings of Christ* and be faithful to Him.

Precious and Great Promises

The Apostle *Peter* mentions the wonderful promises God has given us that are the key to becoming partakers of His divine nature. These promises include forgiveness of sins, eternal life, comfort in difficult times, inner peace, and the presence of God in our daily lives. Each of these gifts is invaluable and helps us to grow stronger in our Christian faith.

Fleeing from the Corruption of Lust

The world is full of corruption, temptations, and unbridled passions that can lead us astray. But in this verse, Peter calls us to flee from everything that corrupts our souls and distances us from the presence of God.

Divine Nature

Being partakers of the divine nature is a goal that seems unattainable, but Peter encourages us to strive for it. The divine nature is found in the essence of God, His love, His mercy, and His justice. But to achieve this, we must renew our minds, live holy lives, and strive to become more and more like *Jesus*. Only then can we manifest the divine nature in our lives and become agents of His Kingdom on earth.

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> Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.
> — *2 Timothy 2:22*

Book: New Testament / 2 Timothy
Topics: desires, evil, faith, love, righteousness, temptation

Interpretation:
The Bible gives us many commands to follow to live a full life *in Christ*, but this command especially focuses on young people and their passions. This verse calls us to flee from our youthful passions, our worldly desires, and to follow God in righteousness, faith, love, and peace.

Fleeing from youthful passions

Youthful passions are those that cause us to seek immediate gratification, to follow our selfish dreams without caring about the consequences. That is why the apostle *Paul* commands us to flee from them. Our passions can lead us down paths that do not lead us to peace and happiness, but if we turn away from them, we can find true freedom in Christ.

Following justice, faith, love, and peace

Instead of following our passions, we should focus on following God through justice, faith, love, and peace. Justice calls us to be honest and fair in all our relationships and to always strive to do what is right. Faith is trust in God and His plan for our lives, while love is love for God and our neighbors. Peace is the peace of Christ in our lives.

Calling on the Lord

In *2 Timothy 2:22* we are told to do these things with those who call on the Lord out of a pure heart. This means that we need to be in community with people who seek God and strive to live lives consistent with His word. Prayer and worship are essential to growing our faith and living in fellowship with God and others.

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> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.
> — *Colossians 3:5*

Book: New Testament / Colossians
Topics: desires, conversion, greed, idols, materialism, sin

Interpretation:
The Bible verse from *Colossians 3:5*, which speaks about the importance of putting to death all earthly things in us, calls us to consider the need to leave behind those practices that are incompatible with living according to Christian principles.

What is earthly?

By earthly we could mean that which causes us to do things that are not beneficial to us or to the environment. That is, that which distances us from God and causes us to fall into temptations that lead us astray. This verse mentions some of the practices we may fall into, such as fornication, impurity, disordered passions, evil desires, and greed. It is important to remember that each of us is acutely aware of the practices that prevent us from living in harmony with the will of God.

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> 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*

Book: Old Testament / Ecclesiastes
Topics: desires, materialism, neighbor, work

Interpretation:
Ecclesiastes 4:4 invites us to reflect on our feelings toward others and to realize that envy leads only to futility and anguish of spirit. We must learn to value our own abilities and achievements without constantly comparing ourselves to others.

Moreover, this verse calls upon us to show compassion to those around us and to avoid envying their successes and accomplishments. We ought to rejoice in the happiness and achievements of others and support one another in our endeavors and dreams. In doing so, we can build a society that is more just, harmonious, and equitable.

It highlights the realization that human activity and skill are often driven by the desire to attain a higher status than others. *Solomon* observed that the wheel of life turns on envy and a spirit of rivalry. The desire for a better home or finer clothing—all of this seemed so hollow and unworthy of a human being created in *the image and likeness of God*.

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> As goods increase, so do those who consume them. And what benefit are they to the owners except to feast their eyes on them?
> *— Ecclesiastes 5:11*

Book: Old Testament / Ecclesiastes
Topics: desires, materialism, money

Interpretation:
Ecclesiastes 5:11 discusses how material goods can multiply, but instead of benefiting their owner, they can be consumed by large numbers of people. In other words, the author of Ecclesiastes uses this verse to emphasize the futility of wealth.

Context explanation

The Book of Ecclesiastes focuses on the ephemerality of life and the reality of death. The author, attributed to *Solomon*, reflects on the futility of pursuing happiness and wisdom through wealth and the possession of material goods. In light of this, verse 5:11 invites us to reflect on how even acquired material goods can lose their value or provide no significant benefit.

The temptation of wealth

This verse also highlights the temptation associated with wealth and material goods. It's easy to fall into the trap of thinking that possessing certain goods will make us happy or provide financial security and stability. However, the author of Ecclesiastes reminds us that even the accumulation of

possessions may not bring us significant benefits or long-term value.

The value of relationships

The Bible verse *Ecclesiastes 5:11* can also teach us the value of relationships. Instead of focusing on the accumulation of possessions, the author invites us to reflect on the importance of human relationships and how these relationships can provide lasting and meaningful value in our lives.

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> You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.
> *— Galatians 5:13*

Book: New Testament / Galatians
Topics: desires, freedom, humility, love, serving

Interpretation:
Galatians 5:13 is a Bible verse that tells us about the importance of freedom in our lives and how we can use it to serve others. As Christians, we believe that God has called us to freedom and given us the ability to make our own decisions, but that does not mean we should use our freedom as an excuse to follow our own selfish desires.

The apostle *Paul* wrote this verse to the community of believers in Galatia to remind them that although we are free, our freedom should always be guided by love for others. We should use our freedom to serve others, not to satisfy our own needs and desires.

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> So I say, walk by the Spirit, and you will not gratify the desires of the flesh.
> *— Galatians 5:16*

Book: New Testament / Galatians
Topics: desires, sin, Spirit

Interpretation:
Galatians 5:16 is one of the most famous verses in the Bible because it challenges us to think about the internal struggle we all have between doing what is right and what our worldly desires tell us to do. In this sense, the apostle *Paul* encourages us to walk in the Spirit, which means following God's teachings and allowing His divine presence to guide us in our daily lives.

Walking in the flesh

To better understand this passage, we must first define what *"flesh"* means. In the Bible, this term refers to behavior and attitudes that are not in alignment with the will of God. In other words, *"flesh"* is anything that leads us away from the goodness of God and toward our most selfish and sinful desires.

Walking in the Spirit

On the other hand, *"the Spirit"* is the presence of God in our lives that enables us to do what is right and not give in to the desires of the flesh. Living in the Spirit means following God's commands, seeking His will for our lives, and allowing His love to fill and guide us. Paul encourages us to *"walk in the Spirit,"* which means walking in the presence of God and allowing His grace to guide and strengthen us. In contrast, when we allow our worldly desires to control our actions, we "gratify the desires of the flesh." Following the flesh always leads us to sin and separation from God, while following the Spirit leads us to eternal life and a deeper relationship with Him.

It is important to note that following the Spirit is not easy, as temptations are always present in our lives. However, we must remember that God has given us the ability to resist temptation and always choose what is right. Moreover, the presence of the Spirit within us strengthens us and gives us the power to overcome any temptations that may come our way.

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> Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.
> — *Galatians 6:1*

Book: New Testament / Galatians
Topics: desires, conversion, sin, temptation

Interpretation:
The Christian life is not easy. Although we are called to strive for holiness and faithfulness to God, we recognize that we are still imperfect people struggling with the temptation to sin. That is why throughout Scripture we are called to care for one another in the faith and to restore those who have fallen into error.

One such call is found in *Galatians 6:1*, where we are called to restore a brother or sister *to Christ* with a spirit of gentleness.

A call to restoration

The Apostle Paul writes to the Galatians, intending to strengthen their faith and correct some errors that had crept into their Christian community. In this sense, *Galatians 6:1* serves as a continuation of what was said about the need to support one another in the faith and not fall into arrogance or presumption.

The verse begins by calling the brothers in Christ "*spiritual,"* implying that they have been saved by God's grace and transformed by His Spirit. It is to those who hold this view that the task of restoring those who have erred is entrusted.

Restoring with tenderness

The call to restore a brother or sister to the faith does not necessarily imply condemnation or punishment of the offending party. Instead, the restoration we are invited to carry out must be done in a spirit of gentleness. This means that we must approach the person with humility and love, remembering that we are all subject to sin and need God's grace to overcome our weaknesses.

Restoration, then, is not intended to humiliate or shame the brother or sister who has sinned, but rather to lead them to sincere confession and repentance so that they can once again experience the restoring grace of God.

Yielding to the temptation of sin

Galatians 6:1 ends with a powerful warning: *"But watch yourselves, or you also may be tempted."* This phrase reminds us that we too can be tempted and fall into error.

So when we begin the process of restoring a brother, we must do so with an awareness of our own weakness and our own potential for failure. This will help us become more compassionate, patient, and humble in our work. Moreover, an awareness of our own vulnerability will motivate us to take even

greater care of ourselves in faith, to avoid temptation, and to remain steadfast in God's grace.

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> Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.
> *— Hebrews 13:4*

Book: New Testament / Hebrews
Topics: desires, judgment, marriage, sexuality

Interpretation:
Hebrews 13:4 reminds us of the importance of marriage and chastity in the daily lives of Christians. The writer of Hebrews calls marriage honorable and sexual intercourse something that should be without blemish, meaning without impurity or sin.

Marriage as a sacred institution

In this verse, the writer of Hebrews mentions that marriage is honorable in every way. This means that marriage is a sacred institution in the eyes of God and should be respected by Christians.

One of the main reasons why marriage is considered honorable is that it is a union based on love and fidelity. Therefore, it implies an intimate, committed, and sacred relationship between two people.

Chastity as a virtue

The writer also mentions that the bed should be undefiled, meaning it should be a sexual act free from impurity and sin. This refers to chastity as a Christian virtue, considered important for maintaining spiritual purity. Chastity is a commitment to living in sexual purity both before and after marriage.

The consequences of sexual sin

In the second part of the verse, the author warns Christians about the consequences of sexual sin. The fact that God judges fornicators and adulterers means that sexual activity outside of marriage or unfaithfulness within marriage is incompatible with the moral and religious standards set by God. Failure to comply with these regulations can have a negative impact on a person's relationship with God and on their daily life.

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> Yes, Lord, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts.
> *— Isaiah 26:8*

Book: Old Testament / Isaiah
Topics: desires, law, righteousness

Interpretation:
Isaiah 26:8 reminds us of the importance of faith and trust in God, especially during times of trial and hardship. In this verse, the author expresses his soul's yearning for God's name and His memory, and that he waited for Him in the way of His judgments.

The thought of waiting for the Lord's judgment can be difficult for many people, especially when they face difficulties in their lives. Why should we wait during trials and tribulations? The answer often lies in faith and trust in God.

The meaning of waiting for the Lord's judgments

Waiting for God's judgment doesn't simply mean sitting idly by and waiting for Him to solve our problems. Rather, it involves believing that God is at work in our lives and circumstances, and that He has a plan for our well-being and His glory.

Waiting for the Lord's judgment also means believing in His justice and the truth of His judgment. As humans, we often struggle with the idea that God allows suffering and injustice in the world. However, by trusting in Him, we can be confident that He has a plan to restore justice and make all things work together for good.

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> When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone.
> — *James 1:13*

Book: New Testament / James
Topics: desires, temptation, understanding

Interpretation:
When we talk about temptation, we are talking about that feeling or desire to do something that we know is neither right nor wrong. It is a kind of internal conflict between our desire to do what is right and the temporary satisfaction that doing what is wrong may offer.

In *James 1:13* we are reminded that God is not responsible for our temptations. He cannot be tempted, and He does not tempt anyone to do anything wrong. Temptation comes from the enemy of our souls and from our own fleshly desires.

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> You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.
> — *James 4:2*

Book: New Testament / James
Topics: desires, Prayer, sin

Interpretation:
This verse is certainly a call to pause, reflect, and evaluate our true motives in life. Ultimately, it encourages us to question our deepest desires and examine our hearts.

The first thing this verse highlights is greed, envy, and excessive desires. We are all human beings with the capacity to desire, but this portion of *Scripture* reminds us that it is one thing to focus our efforts on our desires, and quite another to become slaves to them. Instead of seeking satisfaction in God, we often try to find it in material possessions, professional success, or personal relationships. In

doing so, our minds become focused on worldly goods, earthly possessions, or achieving a desired social status, while neglecting our relationship with God.

The danger of envy is even greater because it occurs when we feel that someone has something that we do not have, and instead of celebrating their accomplishments, we focus on wanting their material possessions, their social status, or the relationships they have. Often, envy is so strong that we want what the other person has, even if it means getting it through violent or illegal means, such as murder.

Another thing this verse highlights is the fact that although we covet and strive to get what we want, we do not get it because we do not ask. This makes us think about the true nature of our relationship with God and how we perceive Him. Do we view God as our ally or our enemy?

Most of the time, we only turn to God when things go wrong or when we find ourselves in a difficult situation. We rarely take the time to establish an intimate relationship with Him and ask Him for wisdom and guidance in our lives. However, when we learn to build a more intimate relationship with God, we can understand that He is our ally and our faithful companion at all times. Through prayer and meditation on *God's Word*, we can find guidance and strength to combat envy and greed.

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> I made a covenant with my eyes not to look lustfully at a young woman.
> — *Job 31:1*

Book: Old Testament / Job
Topics: desires, covenant, self-control, sexuality, thoughts

Interpretation:
Job 31:1 presents *Job's* reflections on the need to keep his eyes pure. Job refers to the covenant he made with his eyes and wonders how he could look upon a young virgin. This passage teaches us the importance of moral behavior and avoiding temptations that could threaten our integrity.

What does it mean to "make a covenant with the eyes"?

The expression "making a covenant with the eyes" implies a personal commitment we make to avoid malicious or extraneous glances that could lead to sinful thoughts or actions. In other words, it refers to controlling our instincts and desires to avoid succumbing to temptation.

Why is it important to keep our eyes pure?

Keeping our eyes pure is important because they are the gateway to our hearts and minds. What we see influences our thoughts and actions, so it could be said that our eyes are a reflection of our inner selves. If we fill our eyes with immoral or sinful images, we risk defiling our hearts and becoming distant from God's will.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.
>
> *— John 8:44*

Book: New Testament / John
Topics: desires, death, devil, lying, sin, truth

Interpretation:
John 8:44 is a verse that speaks to us about the value of truth. In it, *Jesus* is speaking to the *Pharisees* who do not believe His word and continually accuse Him of lying. In response, Jesus points out the importance of telling the truth and the lack of trust in those who cling to lies.

To understand this verse, we need to look at the next verse, *John 8:45*, where Jesus says, *"Yet because I tell the truth, you do not believe me!"* Here we see great irony, as Jesus, who is known for His truthful teachings and righteous ways, is rejected by those who are considered to be the guardians of the faith. It is important to reflect on this and think about how we value truth in our own daily lives.

We often find ourselves in situations where it is easier to lie than to face the consequences of our actions or thoughts. Even in small things like casual conversation, we can be tempted to exaggerate or make up details in order to look good in the eyes of others. But that is not what God expects of us.

As Christians, we must strive to live by the truth even in the most difficult times. This means accepting our failures and mistakes, accepting responsibility to others, and always striving for fairness and equality in our relationships.

On the other hand, we may wonder why the Pharisees did not believe in Jesus, despite His reputation for fairness and honesty. Perhaps the answer is that they were too attached to their rules and traditions and were unwilling to accept the truth from someone outside their circle.

In our lives, we can also fall into the trap of pride and arrogance, preventing us from recognizing the truth when it is presented to us. But we must remember that truth transcends all differences, and that God calls us to always seek and defend it.

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> They said to you, “In the last times there will be scoffers who will follow their own ungodly desires.” These are the people who divide you, who follow mere natural instincts and do not have the Spirit.
>
> *— Jude 1:18-19*

Book: New Testament / Jude
Topics: desires, Church, Spirit, end times

Interpretation:
The Book of Jude is a short letter written by *Jude*, who calls himself *“a servant of Jesus Christ”* and *“the brother of James” (Jude 1:1)*. Jude wrote this letter to warn believers about “certain men who have crept in secretly” into the churches *(Jude 1:4)*.

These men are called “wicked men” who *“have exchanged the grace of our God for lewdness”* and “deny our only Lord and Master Jesus Christ” *(Jude 1:4)*. Jude expresses his concern about the negative influence of these men who lead believers into lies. *Jude 1:18* is part of a description of these men and their evil influence in the end times. In this verse, Jude speaks of scoffers who act according to their own evil desires.

Scoffers are those who ridicule the truth, faith, and Christian values. These are people who have no fear of God and seek to harm the truth and those who profess it. Moreover, these scoffers act according to their evil desires, that is, they act in accordance with their selfish interests instead of implementing the Christian values ??of love, compassion and justice.

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from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> ‘You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, honor your father and mother,’ and ‘love your neighbor as yourself.’
>
> *— Matthew 19:18b-19*

Book: New Testament / Matthew
Topics: desires, family, law, love, lying, reliability

Interpretation:
The Gospel of Matthew in the Bible is a rich source of teachings and principles that provide guidance to believers. *Matthew 19:18b-19* occurs in the context *of Jesus'* conversation with a rich young man who asked Him what he needed to do to inherit eternal life. Jesus reminded him *of the Ten Commandments*, including the command to honor parents and love one's neighbor.

Thou shalt not kill

The commandment "Thou shalt not kill" is one of the Ten Commandments *of the Law of Moses* and is considered a grave sin. This commandment not only prohibits the killing of another person, but also violence and hatred towards others. In our daily lives, this commandment can be applied through compassion, tolerance, and love for others.

Thou shalt not commit adultery

The act of adultery involves sexual relations with someone other than one's spouse. This commandment emphasizes the importance of marriage and fidelity. We must honor the commitments and promises made in marriage and be faithful to our partners.

Do not steal

The commandment “do not steal” prohibits theft and misappropriation of another’s property. It also manifests itself in honesty in our daily lives, in our handling of money, and in our treatment of others.

Do not bear false witness

This commandment calls us to honesty and truthfulness in our words and actions. By deceiving, lying, or dishonoring others, we undermine the trust, integrity, and confidence that are built on human

relationships.

The meaning of “honor your father and your mother”

“Honor your father and your mother” is one of the oldest and most universal commandments. In Jewish culture, honoring parents included respect and obedience and was considered a sacred duty to family and society. In the New Testament, honoring parents becomes an expression of love for one's neighbor and a reflection of God's love.

The meaning of the phrase "love your neighbor as yourself"

"Love your neighbor as yourself" is a commandment found in *Leviticus 19:18* and quoted *by Jesus* many times in the Gospels. Its essence is to love your neighbor as yourself and to treat others as you would like to be treated. This commandment is the basis of Jesus' teaching and is considered a summary of the entire Law and the Prophets.

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> Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.
> *— Matthew 26:41*

Book: New Testament / Matthew
Topics: desires, addiction, body, Prayer, temptation, weakness

Interpretation:
The historical context of this passage relates directly to the arrest and crucifixion *of Jesus*. He is speaking to His disciples in the Garden of Gethsemane, asking them to pray so that they will not fall into temptation.

The phrase *“watch and pray”* implies readiness and vigilance for trials and difficulties, and the second part of the phrase *“the spirit is willing, but the flesh is weak”* refers to the constant struggle between the flesh and the spirit of man.

The importance of watching and prayer

Jesus was preparing His disciples for what was to come after His departure. Temptations and struggles with the flesh are a constant reality of our lives, and Jesus teaches us that we cannot face these trials alone. We must watch and pray for *the Holy Spirit* to guide and strengthen us.

It is important to emphasize that temptation itself is not necessarily a sin, but rather a test of our faith and perseverance. It is normal to feel the weakness of the flesh and give in to these temptations, but the call to watch and pray is a powerful tool for resisting and overcoming temptations.

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> You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.
> *— Matthew 5:27-28*

Book: New Testament / Matthew
Topics: desires, heart, marriage, sexuality, sin

Interpretation:
The commandment *“Thou shalt not commit adultery”* is one of the Ten Commandments of God. This commandment is found in *Exodus 20:14* and is one of the oldest commandments in Christianity. *Jesus Christ* also mentions it during His Sermon on the Mount, as noted in *Matthew 5:27-28*. God’s law regarding adultery is clear: *it is a grave sin that undermines the integrity of the family and society as a whole*.

Jesus teaches that it is not enough to abstain from physical adultery, but that we must also guard our hearts and minds from lust. Lust is a strong, selfish desire for sexual pleasure, and it can be especially dangerous if allowed to take root in our thoughts and emotions.

Definition of adultery

Adultery is defined as sexual unfaithfulness between a married person and someone other than their spouse. Infidelity is not limited to physical sexual intercourse, but also includes lust and sexual desire outside of marriage. In the Sermon on the Mount, Jesus explains that sexual desire and lust are just as sinful as the sexual act itself.

Why does God forbid adultery?

God forbids adultery because it is a sin that involves betrayal and lying. Adultery destroys the emotional and physical connection between a husband and wife, thereby destroying the relationship. It also undermines the unity and integrity of the family and society as a whole. Adultery can lead to separation, divorce, conflict, and domestic violence.

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> If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.
> — *Matthew 5:29*

Book: New Testament / Matthew
Topics: desires, body, hell, sin

Interpretation:
Matthew 5:29 is part of the Sermon on the Mount, one *of Jesus'* most important discourses in the Gospels. In this passage, Jesus emphasizes the importance of turning away from things that can cause us to sin, even if it means sacrificing parts of our body.

The phrase *"if your right eye causes you to stumble"* refers to anything that can tempt us to sin, and is a metaphor suggesting that just as a faulty eye can cause us to stumble, evil thoughts can cause us to fall into sin.

The idea of *??"removing"* a body part that causes us to stumble is a radical call that calls us to do whatever it takes to avoid sin. Jesus' purpose is to make clear the seriousness of sin and the importance of turning away from anything that distances us from God.

Resolving doubts and worries

Given the stark message of the verse, it's natural for doubts and worries to arise. Is Jesus really asking us to gouge out our eyes or cut off our hands? Isn't this a bit of an exaggeration?

In fact, Jesus wants to convey a message of caution and care. Some interpretations suggest that this is a figurative way of speaking, indicating the need to remove from our lives that which distances us from God, even if it means some sacrifice. Therefore, we must pay attention to the temptations around us and do everything possible not to succumb to them.

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> And lead us not into temptation, but deliver us from the evil one.
> — *Matthew 6:13*

Book: New Testament / Matthew
Topics: desires, addiction, evil, Prayer, protection, temptation

Interpretation:
Matthew 6:13 is the last phrase of the prayer known as *the Lord's Prayer*. It is one of the most popular verses in the Bible and is used as a powerful prayer tool. This verse focuses on asking God to free us from evil and not allow us to fall into temptation.

In this passage, the word *"temptation"* can be understood as a test or challenge that can change our loyalty and obedience to God. This verse reminds us that as humans, we are subject to falling and succumbing to the temptations of the world, but we can seek divine power to free us from evil.

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> For where your treasure is, there your heart will be also.
> — *Matthew 6:21*

Book: New Testament / Matthew
Topics: desires, heart, materialism, money

Interpretation:

Matthew 6:21 is a verse that reminds us of the importance of our earthly treasures and how they impact our spiritual lives. In this verse, *Jesus* warns us that our heart will follow our treasures, meaning that our devotion, energy, and time will be directed toward what we consider most valuable in life. But what are our treasures? How can we identify them and make sure our lives are aligned with what God wants for us?

First, it is important to understand that our treasures can be anything we consider valuable, whether material or non-material. This includes our possessions, our careers, our relationships, and our personal dreams and desires. Jesus is not telling us to give up everything we consider valuable, but rather to make sure that our first priority is Him and His Kingdom, and that everything else has its proper place in our lives.

For many of us, identifying our treasures can be a difficult process. How do we know what we consider most valuable in life? One way to know this is to observe our daily habits and how we use our time and energy. Do we spend most of our days working on our careers? Or do we devote time to developing our faith and serving others? Are we focused on accumulating material wealth or are we seeking to build meaningful relationships with family and friends?

Once we recognize our treasures, it is important to ask ourselves if they are in alignment with the values ??and principles God teaches us in *His Word*. Are we pursuing fame and fortune at any cost, even if it means hurting others or betraying our principles? Or are we seeking to follow God's will in our decisions and actions, even if it means giving up our personal desires?

The truth is that while we cannot avoid treasures in this life, we can ensure that they are aligned with God and His Kingdom. In fact, our position regarding our treasures reflects to whom we are loyal. We must be responsible with what we have and consider it a priority in life because in the end all material things will remain on earth, but what truly surpasses *is our inheritance in Christ*.

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> You will have these tassels to look at and so you will remember all the commands of the Lord, that you may obey them and not prostitute yourselves by chasing after the lusts of your own hearts and eyes.
>
> — *Numbers 15:39*

Book: Old Testament / Numbers

Topics: desires, law, obedience, sexuality

Interpretation:
In this verse, God commands the Israelites to wear fringes hanging from the hem of their garments as a constant reminder of their commitment to God's commands. In this way, every time they looked at one another, they would remember their duty and responsibility to obey God rather than follow their natural instincts, which could lead them to commit ungodly acts.

This verse also invites us Christians to reflect on our relationship with God and how we can strengthen it. Each of us has a responsibility to follow God's commands and remember His love and presence in our lives. In the same way, we should practice this always and everywhere, to avoid the temptation to fall into sin or to follow our natural instincts instead of obeying God.

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> All day long he craves for more, but the righteous give without sparing.
> — *Proverbs 21:26*

Book: Old Testament / Proverbs
Topics: desires, giving, greed, materialism

Interpretation:
The book of Proverbs is one of the most well-known and beloved books in the Bible. Within it, we can find many valuable teachings that help us understand the wisdom and justice that underlie biblical principles. *Proverbs 21:26* is no exception, offering us reflections on greed and justice.

A greedy man is greedy all day long

The verse begins by talking about a greedy man who is eager to accumulate material wealth and is willing to do anything to achieve this goal. The text says that this man covets something all day long, which suggests that he has no rest in his quest to achieve more wealth. This obsession with accumulating material goods can become a real form of slavery.

The concept of greed is not new in the Bible. In *the New Testament*, we find *Jesus* teaching us the futility of accumulating material wealth and how these things distract us from what is truly important. In *Matthew 6:24, Jesus* says, *"No one can serve two masters. Either you will hate the one and love the*

other, or you will be devoted to the one and despise the other. You cannot serve both God and money."

The righteous give without holding back his hand

On the other hand, the verse tells us about the righteous. This person is not selfish or greedy. Instead, their attitude toward money and possessions is different. The verse says that the righteous give without holding back his hand, which suggests that this person is willing to help others and share what he has.

This unselfish attitude toward money and possessions is also what Jesus recommended for us in the New Testament. In *Matthew 6:19-21, Jesus* tells us that we should focus on spiritual riches, not material ones. He says: *"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."*

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> Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.
> *— Proverbs 23:5*

Book: Old Testament / Proverbs
Topics: desires, materialism, money

Interpretation:
The fifth verse of Proverbs 23 is a clear warning about wealth and the temptations it brings. The biblical author reminds us to be wary of wealth, as it can easily take over our lives and even cause us to forget our values ??and principles.

Interpretation of the Bible verse

One possible interpretation of this verse is that material wealth is illusory and prevents us from achieving our true goals in life. The comparison of wealth to eagles' wings suggests that wealth is unstable and can disappear at any moment. The word "heaven" is used metaphorically to express the

idea that wealth and material possessions have no real value or significance in our spiritual journey.

Furthermore, it is important to remember that the pursuit of wealth and the accumulation of possessions can not only distract us from our goals but also lead to greed and stinginess. Therefore, this verse also warns us of the dangers of unhealthy ambition.

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> Like a city whose walls are broken through is a person who lacks self-control.
> — *Proverbs 25:28*

Book: Old Testament / Proverbs
Topics: desires, self-control

Interpretation:
The Book of Proverbs is known for its wise counsel and practical approach to everyday life. *Proverbs 25:28* provides a vivid example of what happens when we fail to control our emotions and desires and allow them to take over. Instead of being strong and secure, our inner life is like a broken city, bereft of protection and stability.

Meaning of the verse

At a basic level, this verse reminds us of the importance of self-control. Life can be overwhelming, and emotions such as fear, anxiety, sadness, and anger have the potential to wreak havoc on our mental and emotional well-being. If we're not careful, we can allow these emotions to rule our lives, leading to poor decisions and negative relationships.

This verse encourages us to take proactive steps to prevent such emotions from dominating our lives. It's important to be aware of our emotions and find healthy ways to express them. Mastering the spirit does not mean suppressing or ignoring emotions, but rather learning to manage them effectively and positively.

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> Can a man walk on hot coals without his feet being scorched?
> — *Proverbs 6:28*

Book: Old Testament / Proverbs
Topics: desires, temptation

Interpretation:
The proverb in question is found in *Proverbs 6:27-35*, which warns of the consequences of adultery and theft. The author uses the metaphor of fire to represent the inevitable consequences of sin.

In this context, *verse 6:28* indicates that a person cannot expect to remain unharmed after committing a grave sin. Just as walking on hot coals burns the feet, so sin leaves its mark on a person's life.

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> As the deer pants for streams of water, so my soul pants for you, my God.
> — *Psalm 42:1*

Book: Old Testament / Psalms
Topics: desires, God

Interpretation:
Psalm 42:1, like many other verses in the Bible, speaks of humanity's need for God's presence and His love. The psalm's author, whose identity is unknown, wrote these lines to express his yearning for God and his desire for a deeper connection with Him. Just as a thirsty deer longs for a stream of pure water, so our soul cries out for God's presence.

Human longing

This verse speaks of a fundamental human need: the pursuit of happiness. We all have emotional and spiritual needs that we need to satisfy, and one of these is a longing for God.

Even non-religious people can feel a longing for something greater than themselves, something they cannot explain. And this is because, as humans, we long for love, meaning, and purpose. And we can find all of these in God.

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> They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen. Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error. Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.
> — *Romans 1:25-28*

Book: New Testament / Romans
Topics: desires, idols, sexuality

Interpretation:
The Bible text *Romans 1:25* shows us that mankind has failed to give honor and worship to the Creator. Instead of honoring the Almighty God as He deserves, people have transferred their worship to useless objects and even to themselves, forgetting about the Creator, who is the source of all truth and life.

Honoring and worshipping creatures

In this verse, the word *“created”* refers to any created being, including people, animals, plants, and inanimate objects. Sometimes people focus all their attention on creation and forget that it is the Creator who deserves our worship and attention.

Idolatry is the sin that occurs when we worship any created thing more than the Creator, and it is something that God condemns in His Word.

God’s truth

God’s truth, as opposed to lies, is the source of all wisdom and knowledge, so we should seek it and live by it. The Bible teaches us that only God is true and only in Him will we find the fullness of life and truth. The truth of God must be the center of our lives, for only there will we find the peace and purpose we seek.

Shameful passions

Romans 1:26 notes that God has given men and women over to shameful passions that they have chosen, and that these passions are contrary to nature, which the Bible defines as what is natural according to the creation and will of God.

In *verse 27 of Romans 1, Paul* is talking about relationships between people and how this is considered sin. The word *“lust”* means *“excessive and strong sexual desire or appetite,”* and this is what Paul is referring to here. From this text, we can understand that homosexuality, according to the Christian view, is considered sin.

In this verse, Paul also talks about *“the wages of their error.”* This means that those who commit homosexual acts receive punishment as a consequence of their sin. Christians believe that the punishment will be given by God and may include eternal separation from Him if the person does not repent and ask for forgiveness.

It is important to remember God

Romans 1:28 tells us about the importance of keeping God at the center of our lives because if we do not, we can fall into a corrupt mind that will cause us to commit unworthy acts. In other words, when we do not take God into account, our decisions and actions can lead us down the wrong path.

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> Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.
>
> *— Romans 13:14*

Book: New Testament / Romans
Topics: desires, addiction, body, Jesus, temptation

Interpretation:

Romans 13:14 is an exhortation from *the Apostle Paul* to Christians not to indulge the desires of the flesh. Instead, he calls us to put on *the Lord Jesus Christ*.

Paul is talking about the struggle that all Christians experience between their fleshly desires and their devotion to God. The invitation is to choose what is right and spiritual over what is sinful and earthly.

What does it mean to put on the Lord Jesus Christ?

When Paul calls us to put on the Lord Jesus Christ, he is talking about incorporating the values, character, and attributes of Christ into our lives. That is, living in such a way that our lifestyle and actions reflect Jesus.

Imitating Christ means giving up our selfish desires and passions and instead pursuing what is pleasing in the sight of God. This takes persistence, practice, and dedication.

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> What shall we say, then? Is the law sinful? Certainly not! Nevertheless, I would not have known what sin was had it not been for the law. For I would not have known what coveting really was if the law had not said, “You shall not covet.”
>
> *— Romans 7:7*

Book: New Testament / Romans
Topics: desires, law, sin

Interpretation:
Romans 7:7 is an interesting verse from the *Apostle Paul*. His words teach us that the *Law* is not the same as sin; rather, the Law exposes our wrongdoing and helps us understand where we have gone wrong.

The only way to recognize the sinfulness of something is to have a moral frame of reference that allows us to determine what is wrong. The Law serves this function by setting clear boundaries between what is right and what is wrong.

Understanding sin through the Law

The Law is an important tool for those who strive to live righteous and sanctified lives. By understanding God's standards and how we are to live, we can begin to examine ourselves and our actions.

Abelard of Chalon, a 12th-century French theologian, wrote, "The Law is a compass that points the way forward, but it is never enough to get us there." That is, although the Law shows us the right path, we still need *grace and faith in Christ* to restore our relationship with God.

How does the Law help us understand envy?

Romans 7:7 focuses on the command not to envy. Why is this command important and how can we better understand it through the Law? Envy is an excessive desire for things, even if those things are good for us, but are not necessary or just.

The Law shows us that God has given us everything we need to live, and that our true wealth is found in our love for Him and for others. Therefore, envy is contrary to God's will and plan for our lives and can lead us astray.

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> Those who are in the realm of the flesh cannot please God.
> — *Romans 8:8*

Book: New Testament / Romans
Topics: desires, dependence, sin

Interpretation:
Romans 8:8 is a powerful statement that those who live according to the flesh cannot please God.

First, it is important to understand what it means to *"live according to the flesh."* In short, it means living a life driven by our earthly desires and passions. This lifestyle is focused on satisfying our personal wants and needs rather than seeking God's will for our lives.

As Christians, we are called to reject these tendencies and live in a way that pleases God. *The Apostle Paul* mentions elsewhere in the Bible that we are to *"put to death the deeds of the flesh" (Galatians 5:24)* and *"put on the new man" (Colossians 3:10)*.

So why can’t we please God if we live according to the flesh? In large part, it is because our earthly desires conflict with God’s will for our lives. The Bible teaches us that God has a plan for our lives and that His ways are higher than ours *(Isaiah 55:8-9)*.

If we want to please God, we must seek His will and follow His ways, not our own. This can be difficult, especially when our personal interests interfere. However, the power of *the Holy Spirit* can help us overcome these difficulties and get on the right path.

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