

# Youth Group Lesson

## Topic: Jealousy

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## Revision History

Date	Version	Name	Change details
Aug 14, 2019		Grace	Added resources, text edits

**Topic:**

Jealousy

**Description & Scope:**

Jealousy generally refers to the thoughts or feelings of insecurity, fear, and concern over a relative lack of possessions.

Jealousy is one of the most common and unsettling feelings one can have. It tends to bring out the worst in us, even though most of us know better. It's an age-old problem. There's no doubt that everyone experiences some level of jealousy at some time or another.

A popular misconception about jealousy is that it is the same as envy. In fact, the feeling of envy refers to wanting something that someone else has, such as a fast car or a house. Jealousy, however, is more aptly described as a fear of losing something to someone else.

When we let jealousy control our life, we are not truly living. Instead, we are rotting away. When we are jealous of others, we are not thankful for the blessings we have in our life. Jealousy is going to be a part of life, but the good news is that with God's help, we can overcome it.

**What are the real life challenges?**

Challenges of jealousy are both physical and emotional.

1. Jealousy leads to anger, depression, sadness.
2. Jealousy kills relationships.
3. Jealousy grows bigger and bigger until that point that it consumes a person.
4. Jealousy steals happiness, love and peace.

**Other Sources of Information (Articles, Videos, sermons, etc.)**

<https://youtu.be/tCzGDcb34YA>

<https://www.gotquestions.org/jealousy-Bible.html> - verses

<https://www.desiringgod.org/articles/hey-jealousy> - how to deal with jealousy

<https://lifehopeandtruth.com/change/blog/how-to-overcome-jealousy/> - the why and the how to deal with jealousy

## What does the Bible say?

1 Corinthians 13: 4-5 - Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Job 5:2 - Resentment destroys the fool, and jealousy kills the simple.

There are many people in the Bible who were jealous during their lifetime, and acted on their jealousy to cause obstacles and problems. Some of them are

- Joseph's brothers - their jealousy of their brother caused them to harm Joseph and changed the course of his life.
- Haman - Haman was jealous of Mordecai and plotted to kill him.
- Martha - Martha was jealous of her sister Mary who was sitting by Jesus' feet listening to Him and not helping her with chores.

## Group Discussion:

1. When you are jealous, are you happy?
2. How can we overcome jealousy?
3. Are you content with your life and the things in it?
4. What are some of the things in which you find yourself being jealous the most?
5. Do you think that talking to God when you feel jealous will help you overcome jealousy?

## Action and Follow up:

1. Identify Jealousy in our lives.
2. Try to avoid being jealous over small things.
3. Discuss ways to deal with it - seek God's help, parental support.
4. What we do now affects our future - discuss

## Prayer:

Loving Father forgive me for my feelings of **jealousy** which I know are not righteous and very **harmful** to my well-being, my health and my relationships. ... And Lord I pray that You would give me the grace to change my thoughts from those of **envy** and **jealousy** to right thinking and **pure thoughts**.