

Leader Guide

“Jealousy”

Summary

The area we'll discuss tonight is *jealousy*. Each of us has a person or a group of people that we're jealous of in some way. There's always someone out there who is better than we are in an area in which we want to be the best. Jealousy can be a major relationship killer. It can strangle the life out of even your best friendships, because people who are jealous can't celebrate with one another, aren't happy when someone else succeeds, don't feel good about themselves, and spend more time trying to hold others back than pushing others forward.

Hopefully, tonight we'll identify the friendships in our lives where jealousy is causing dysfunction, and we'll start doing something about it.

Scripture

Ephesians 4:29

“Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up.”

Questions

1. What or who are you jealous of? What are some dysfunctional ways you deal with it?

Let's get it out in the open. What or who are you jealous of? Be specific. Is it a teammate, a friend, an older brother, or the popular guys or girls at school?

Now let's talk about the unhealthy ways you deal with it. Do you get angry, make fun of them, refuse to join in when someone compliments them, or compete with them all the time?

Go around and try to identify what triggers students' anger, and how they deal with it.

2. It's amazing how quickly jealousy can make someone your opponent. Have you ever found yourself opposing one of your best friends, either to his or her face or in your heart? Not celebrating your friend's success or appreciating your friend's humor? Why is this so dangerous to your relationships?

We all become jealous of little things from time to time, but when you're consistently jealous of another person, it becomes a danger to the friendship. The best way to see how dangerous it can be is to look at someone you consider to be a jealous person: a girl at your school, a guy on your team, or someone in your family. How have you seen jealousy hurt his or her relationships and the people around them?

3. Celebrating breaks the power of jealousy. Which friend or family member do you need to celebrate this week, and how specifically do you plan to celebrate him or her?

Honestly, this is a very hard fix, because at first it feels like you're only drawing attention to the very thing that made you jealous in the first place. But here's what most of you will find if you have good friends: As you celebrate them they'll start celebrating you back. You'll discover that it's contagious. Your friendships will change from jealousy-riddled ones to celebratory ones, and both of you will feel better. It's at least worth trying for a week. Why not?