



Taming The Giants - Journeying Beyond Jealousy

Jealousy - that green-eyed monster that transforms even the most gentle into a greedy, self-centered, deceitful person. We hate it, we hate what it does to us, and even what it does to others. Yet, we often find ourselves journeying through periods of time wrapped in its clutches, believing that if only we "had what they had" life would be better. Although the words *jealousy* and *envy* have different shades of meaning, for the purpose of this lesson we will interchange them, for the heart behind them and the effect of acting in them is the same. May the Lord use this lesson to take you beyond *jealousy* in your journey towards being more like Jesus.

DAY ONE:

1. The first warning against jealousy (coveting) can be found in Exodus 20:17. What are we commanded not to covet?

2. Jealousy, envy, coveting are all similar words that describe the discontented feeling that arises in the heart when someone else has something we do not have or is something we are not. Look up these words in a dictionary and define them.

3. What are some of the feelings and actions that accompany *jealousy*?
 - a. In what ways might *jealousy* harm:
Others (the ones who are envied)?

Us (the ones who envy)?

4. Sin has been defined as "missing the mark/falling short of God's standard". In light of this definition, why is *jealousy* a sin?

The jealous are troublesome to others; a torment to themselves.

-William Penn

DAY TWO:

1. The book of Proverbs warns us many times against the sin of *jealousy*. Look up the following verses and record what they teach us about this subject:

Proverbs 3:31

Proverbs 14:30

Proverbs 23:17

Proverbs 24:1

Proverbs 24:19

Proverbs 27:4

2. Envy (or *jealousy*) is listed in several verses along with other sins that one might consider evil. Look up one or more of the following verses and list some of the sins *envy* is joined with: Romans 1:29; 2 Corinthians 12:20; Galatians 5:20; 1 Peter 2:1

- a. Why do you think *jealousy* was grouped with these other sins?

3. Paul called the believers in Corinth *carnal*. Read 1 Corinthians 3:3 and record the basis for Paul's description.

- a. Why is *jealousy/envy* a sign of carnality?

4. 1 Corinthians 13:4 reminds us that *love does not envy*. Why not?

DAYS THREE AND FOUR:

1. The Bible does not lack in giving us examples of those who have fallen prey to the green-eyed monster of *jealousy*. As time permits, look up the following examples, and record what they reveal to us about the objects of *jealousy* and the actions that followed:

Cain and Abel (Genesis 4:5-8)

Sarah and Hagar (Genesis 16:1-5)

Rachael and Leah (Genesis 30:1-25)

Joseph's brothers (Genesis 37:4-11; 18-28)

Miriam and Moses (Numbers 12:1-15)

Saul and David (1 Samuel 18:8-30; 19:8-24; 20:24-34)

Joab and Abner (2 Samuel 3:24-27)

Ephramites and Gideon (Judges 8:1)

Chief Priests and Jesus (Mark 15:10)

- a. What lessons does the Bible have for us in these stories?

DAY FIVE:

1. *Jealousy* is sin. All believers are to avoid it. *Jealousy* is a sign of discontentment. Therefore, we can surmise that a content person will not be as prone to be *jealous*. Describe a person who is content.

2. Satan not only preys on those who are discontent, he stirs up discontentment within us. What did he do to stir up discontentment in Eve (Genesis 3:1-6)?

3. Following are three expressions of *contentment*. Read them and record what you discover.

Psalm 17:13-15

Psalm 131:1-2

Philippians 4:10-14

a. In what ways do these verses personally challenge you?

4. Look up the following comments/commands about *contentment*, summarizing what each says:

Psalm 37:7

Psalm 37:16

Proverbs 14:14

Proverbs 15:16

Proverbs 17:1

Luke 3:14

1 Timothy 6:6

Hebrews 13:5

a. Choose one and share why it spoke to you.

5. Make a list of the things that you find *contentment* in.

6. Make a list of things that you should be *content* in and are not.

7. In what ways have you found *discontentment* to lead to *jealousy/envy*?

DAY SIX: Review

1. What would you say to a believer who is struggling with *jealousy*?

2. List some of the sins that resulted from *jealousy* using the examples listed in Days Three and Four.

3. King Solomon, in his lamenting over the vanities of life wrote this: *Then I observed that most people are motivated to success by their envy of their neighbors. But this, too, is meaningless, like chasing the wind* (Ecclesiastes 4:4 NLT). Why is this kind of *envy* *meaningless*?

4. Often *jealousy* raises its ugly head when we least expect it. What can we do when we find ourselves in this place of selfishness?

5. Share one thing from this lesson that has personally challenged you.

Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

- Hebrews 13:5 NIV