

# JEALOUSY

by Cindy S. Hansen

## PURPOSE

To become aware of jealousy, to understand everyone experiences it and to find ways to deal with this emotion.

## PREPARATION

Prepare a question sheet on the topic of jealousy and make copies for everyone:

### Jealousy

1. Most people my age react to jealousy by:
2. I'd get jealous if . . .
3. Can we make someone jealous? If so, why would we want to?
4. What are other feelings related to jealousy?
5. What makes jealousy so dangerous?
6. How does jealousy lead to other emotions?
7. Do people ever have good reasons to be jealous? If so, when?
8. Is jealousy between members of the same sex as strong? Why or why not?<sup>1</sup>

Gather Bibles, paper, crayons and pencils for everyone.

Get a paper bag and fill it with pieces of paper. Write on each piece either one noun (time, boy, castle, etc.), one verb (guzzled, typed, ran, etc.), one adjective (beautiful, ugly, magnificent, etc.),

or one adverb (quickly, slowly, grudgingly, etc.). Include enough words so that everyone will have one.

## OPENING

Tell the group members they are going to be storytellers and they are going to tell a story about jealousy. Begin passing the bag. The first person draws a slip of paper and must make up a sentence to begin the story using that word. For example, if the first word chosen was "boy" the person could begin with, "Once upon a time there was a boy named Jim." Then the bag is passed to a second person. If the word is "ugly" the next line could be, "Jim was a nice boy, but he was afraid that people thought he was ugly." The storytelling continues, staying with the theme of jealousy. The last person in the circle ends the story with a moral (using a word from the sack). Example: If the word is "time," "The moral of the story is: Jealousy is a waste of time . . . try to get away from it." A variation of this game can be done with actors. Choose people to act out the story as it progresses through the narration.

## THE "MEAT" OF THE MEETING

Webster's dictionary describes jealousy as, "Resentfully

suspicious of a rival or a rival's influence. Resentfully envious."<sup>2</sup> Ask for other definitions of jealousy.

What does jealousy feel like?

Distribute the jealousy question sheets. Allow time for everyone to finish. Gather them in groups of threes or fours. Share answers to the questions.

Have the small groups read Proverbs 6:34; 14:30; 27:4; Solomon 8:6; 1 Corinthians 3:13; 13:4; James 3:16. What does each verse have to say about jealousy? Does each verse have a personal message? How do these verses help "cure" jealousy?

Read Philippians 4:7-8. Does this offer any other ideas to end jealousy? What are some of the ways each person deals with this emotion?

## RESPONSE (OR CLOSING)

Using some of the suggestions, have each small group design a jealousy cure. Distribute paper and crayons or markers. Describe the ingredients of the cure. How many times a day do you have to use this cure? For how long? What is its name? What are other direc-

tions that are necessary to have a complete cure? Share with the large group. Example:

**Ingredients:** 70 times  
7 good thoughts.

**Dosage:** Three times a day for as long as needed or when symptoms of jealousy occur. Additional help for complete cure: Gargle with good thoughts and follow by reading Philippians 4:7-8.



Close with a circle prayer. Each person says a need or a thanksgiving. Everyone in the group then prays aloud for the person on his or her right. End the prayer by thanking God for his help during the difficult emotions of life.

## HELPFUL RESOURCES

**Feelings**, by Willard Gaylin, M.D., Ballantine Books, 10 E. 53 St., New York, NY 10022.

<sup>1</sup>"Sexual Jealousy Is Worldwide," GROUP Magazine (March/April 1984):A11-A12.

<sup>2</sup>Webster's New World Dictionary, 2nd ed. (New York: Simon and Schuster, 1980).