

PICTURING Jealousy

Distribute **drawing paper** and **colored felt markers**. Invite each group member to draw a picture of jealousy. Say:

- What does jealousy look like? feel like? See if you can capture the look and feel of jealousy in your picture.
- Your picture can be literal or symbolic.

Allow 5-10 minutes for drawing, then regather and ask volunteers to show and explain their drawings. If you wish, discuss:

- What have we learned about jealousy from our pictures?
- What else would you like to say about jealousy?

I'M JEALOUS!

Give those group members who are first to arrive at the meeting several **cookies** with these instructions: Wait to eat your cookies until other group members have arrived. *Don't share your cookies; you must eat them all yourselves.* As other group members arrive—those without cookies—try to make them jealous of you and your cookies. Say things like: *Mmm, these are good. We got cookies—you didn't! I wonder why? Don't you wish you had gotten some cookies?*

Let this continue until all group members have settled in the room and all the cookies have been eaten. Then discuss:

- What do you think is going on here?
- How were those with cookies acting?
- How did those of you who didn't get cookies feel when you saw what was happening? How many were, to at least a small degree, jealous? Why?

Jealousy Charades

Invite volunteers to pantomime three rounds of "things that make us jealous," as other group members guess what is being pantomimed:

- First round: group members pantomime *concrete objects* that others own, for example, a car, a nice home, a stereo or a jacket.
- Second round: group members pantomime *skills or abilities*, for example, the ability to run, sing or get good grades.
- Third round: group members pantomime *qualities or characteristics*, for example, patience, love, humor or happiness.

QUICK SURVEY

Invite group members to stand in a circle. Ask each group member to complete this statement, quickly and without much thought:

I tend to be jealous of...

Continue with these statements, letting all group members respond before starting a new statement:

- People tend to be jealous of my...
- Jealousy is...
- Jealousy hurts because...

JEALOUS EXCHANGE

Distribute **paper** and **pencils**. Then ask each group member to write the initials of any 10 people (friends, celebrities, etc.). When lists are complete, ask group members to write beside each name one way in which they are or could be jealous of that particular person. Then ask them to write one way in which each person could be jealous of them.

Discuss:

- What is *jealousy*? How does it feel?
- Where does jealousy come from?
- What does jealousy say about how we feel about ourselves? about how we feel about others? about how we feel about God?
- How does jealousy impact our relationships with others?
- How do you think God feels about jealousy?
- What can we do about jealousy? What advice would you give someone who is struggling with jealousy?

Encourage group members to give practical answers to this final question. Write these answers on **chalkboard** or **newsprint**.