



July Bible Study Series

# Relationship Reset

Making Everyday Life Better





Relationship Reset

# Are you Gripped with Jealousy?

LESSON 12





**“Jealousy is a strong emotion that can break up any strong relationship.”**

Are you gripped with jealousy?



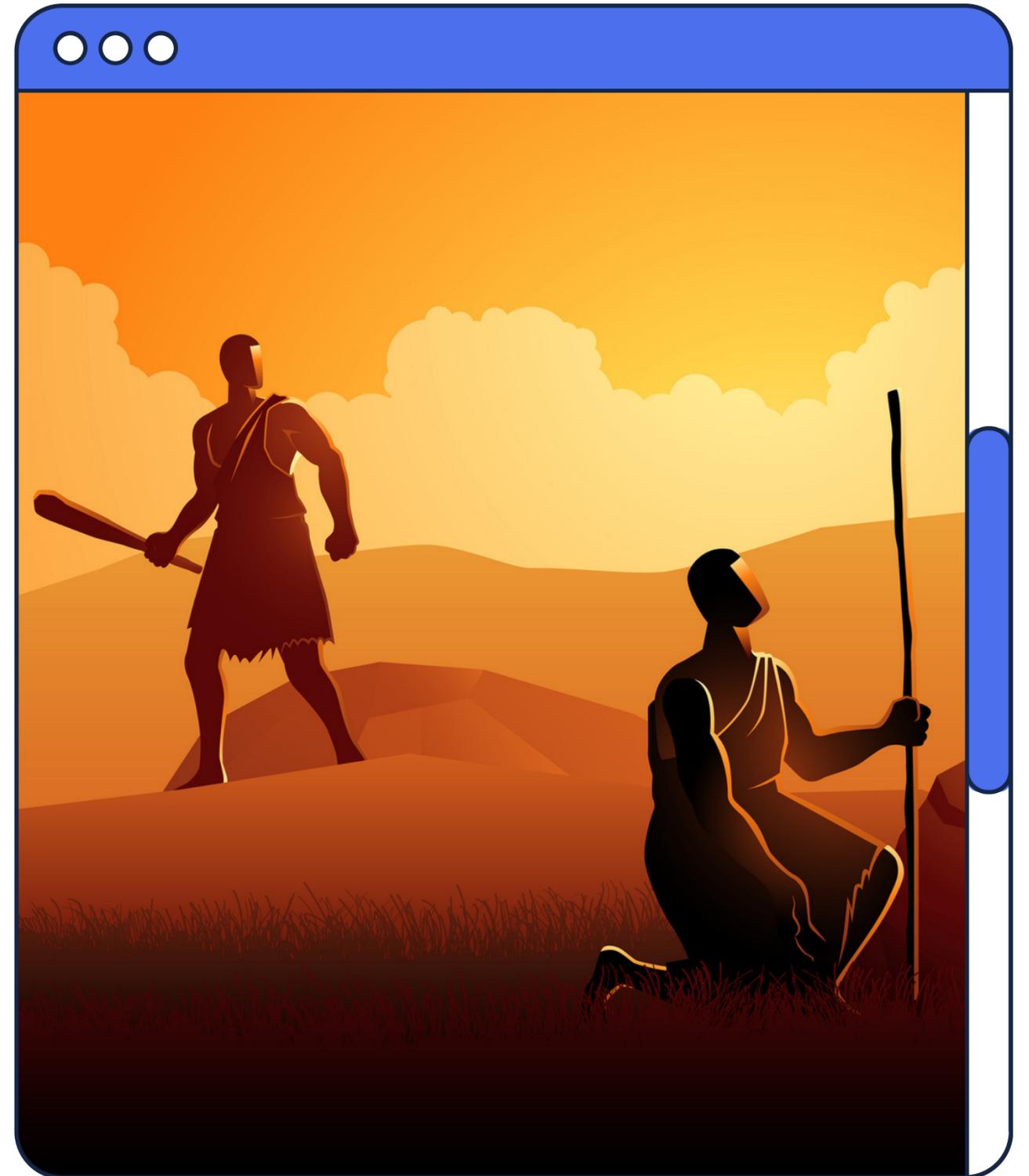


**Jealousy is probably one  
of the world's oldest  
emotions. It's been around  
since the beginning of  
time.**



**The story of Cain and Abel is an example of jealousy.**

Genesis 4:1-15



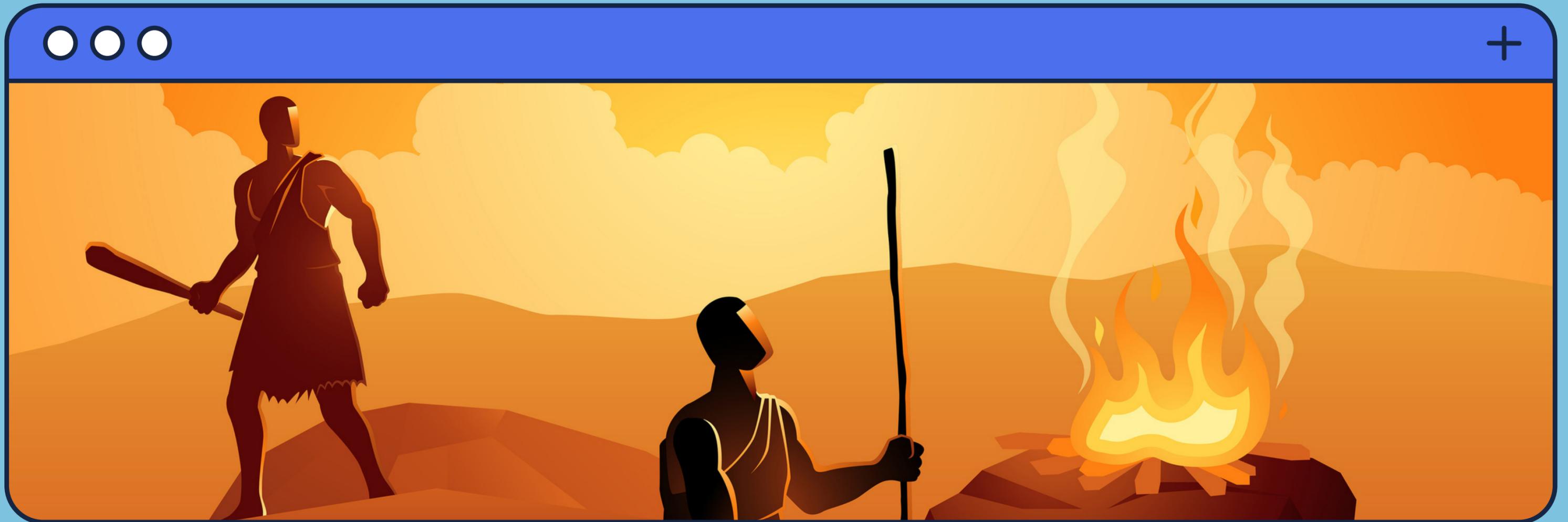


**Cain spoke to his brother Abel when they were in the field. Cain's envy of his brother got the better of him, and he attacked and killed Abel.**

Genesis 4:8



# Scripture References about Jealousy



Are you gripped with jealousy?



**For anger slays the  
foolish man, and  
jealousy kills the  
simple.**

Job 5:2





**For jealousy is the  
rage of a man:  
therefore, he will not  
spare in the day of  
vengeance.**

Proverbs 6:34





**A tranquil heart gives  
life to the flesh, but  
envy makes the  
bones rot.**

Proverbs 14:30





**Be not thou envious  
against evil men,  
neither desire to be  
with them.**

Proverbs 24:1



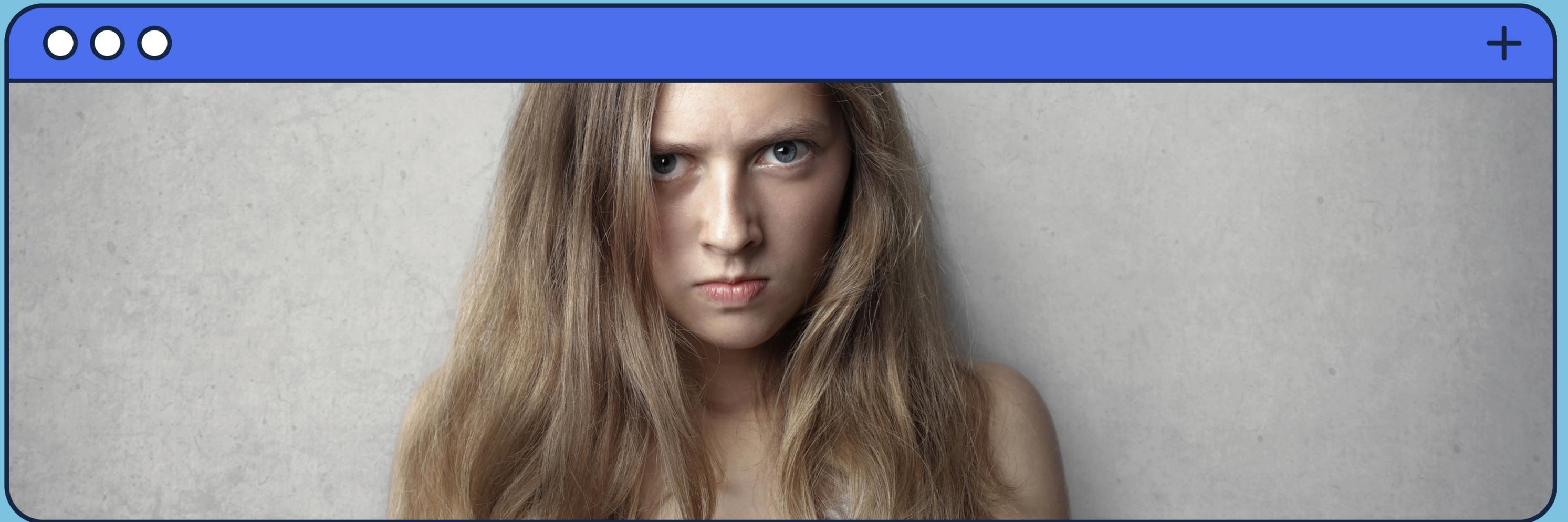


**For where jealousy and selfish ambition exist, there will be disorder and every vile practice.**

James 3:16



# Three Common Causes of Jealousy



Are you gripped with jealousy?



# 1 Unmet Expectation





# 2 A Sense of Entitlement





# 3 Insecurity





**"Jealousy" in  
Webster's dictionary is  
defined as "zealous  
vigilance."**

Merriam Webster's Dictionary





**Jealousy is defined as “a feeling of unhappiness or anger because someone has something or someone that you want.”**

Cambridge English Dictionary





**Anger is cruel and  
fury overwhelming,  
but who can stand  
before jealousy?**

Proverbs 27:4





# **Two Common Misconceptions About Human Jealousy**



## Two Common Misconceptions About Human Jealousy



1

**“A Little Healthy  
Competition for Affection  
Never Hurt Anyone.”**



## Two Common Misconceptions About Human Jealousy



This is the law in cases where a man is jealous and becomes suspicious that his wife has committed adultery. The woman shall be made to stand in front of the altar, and the priest shall perform this ritual. The husband shall be free of guilt, but the woman, if guilty, must suffer the consequences.

**Numbers 5:29-31**



Two Common Misconceptions  
About Human Jealousy



2

**“Jealousy Just Shows the  
Other Person How Much I  
Love Her [or Him].”**



## Two Common Misconceptions About Human Jealousy



There is no fear in love; but perfect love casts out fear because fear involves torment. But he who fears has not been made perfect in love.

**I John 4:18**





# **Six Ways to Overcome Jealousy**





# 1 Stop Comparing Yourself to Other People.





# 2 Stop Worrying About You All the Time.





**3 Stop Wanting What Other People Have If You're Not Willing to Go Through What They Did to Get It.**





# 4 Start Focusing on All That's Positive in Your Life.





# 5 Learn to Hate Jealousy.





6

**Wish Others Well,  
Especially the People  
You're Jealous Of.**





**“Jealousy is when you  
count someone else’s  
blessings instead of  
your own.”**





## **Bible Study Follow Up Chat Questions:**

1. What was your greatest takeaway from today's lesson?
2. Why was Cain jealous of his brother Abel?  
What did Cain do and what was God's response to his actions?
3. How do you define jealousy?
4. What is one of the root causes of jealousy?
5. Can you give another example of jealousy in the Bible?
6. List ways you can overcome jealousy.
7. What is the benefit of counting your blessings?

