



SEVEN • Jealousy

Introduction

You ever notice how nice this room is? What about that TV? How come their TV is much nicer than yours? It doesn't seem fair does it? Well, now that I have you thinking, you should be in the perfect state for this week's Deadly Sin: Jealousy.

But first a quiz from Hksr.com:

Your partner spends increasingly more time in outside activities and hobbies in which you are not included.
Pleased 0 | 2 3 4 Extremely upset

Your partner goes to a bar several evenings without you.
Pleased 0 | 2 3 4 Extremely upset

Someone flirts with you partner.
Pleased 0 | 2 3 4 Extremely upset

Your partner has sexual relations with someone else.
Pleased 0 | 2 3 4 Extremely upset

Your partner flirts with someone else.
Pleased 0 | 2 3 4 Extremely upset

At a party, your partner hugs someone other than you.
Pleased 0 | 2 3 4 Extremely upset

At a party, your partner dances with someone you do not know.
Pleased 0 | 2 3 4 Extremely upset

Your partner comments to you on how attractive another person is.
Pleased 0 | 2 3 4 Extremely upset

Your best friend suddenly shows interest in doing things with someone else.
Pleased 0 | 2 3 4 Extremely upset

Read "A sexual jealousy study." from iBiopsychiatry.com
By Mullen PE, Martin J Monash University, Australia. Br J Psychiatry 1994 Jan; 164(1):35-43

This study represents the first attempt to study sexual jealousy in a random community sample. Jealousy was reported by all subjects. Men, when jealous, were particularly concerned about the potential loss of the partner, whereas women were more concerned with the effects of infidelity on the quality of the relationship. Behaviours such as searching the partner's belongings, or inspecting their clothes for signs of sexual activity,



correlated with unusually intense jealousy. Men tended to cope with jealousy by using denial and avoidance, whereas women were more likely to express their distress and to try to make themselves more attractive to their erring partner. Greater jealousy concerns were expressed by young men who had either married early or were now living without a partner. Heavy drinkers, and those reporting more psychiatric symptoms, were also more prone to jealousy. A clear correlation emerged between lowered self-esteem and increased jealousy, which was particularly marked in women, for whom robust self-esteem was virtually incompatible with high jealousy concerns. The study supported the prosaic notion that those who are satisfied with their romantic attachments are less prone to jealous suspicions. This study offers a starting point for the clinician seeking information about the experience of jealousy in the community.

1. How would you define jealousy?
2. When was the last time you felt jealous? About what or whom?
3. Where does jealousy come from?
4. In Deut. 5:9 it says: "You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God." If God gets jealous, is jealousy really a sin? If so, when does it become sin?

Ownership: The Basis for Jealousy

Thoughts from Neo-Tech.com:

Neo-Tech identifies two types of sexual jealousy: good-thought (GT) and bad-thought (BT). Both types are based on the erroneous assumption that one has a claim on his or her love-partner's life, especially that person's sex life. The feelings of jealousy arise when the unreal presumption of possessing one's partner seems challenged. GT jealousy is characterized by the retention of basically good thoughts about one's partner, even when pain or anger is generated. Most people can experience various degrees of GT jealousy about their love partners.

In contrast to this viewpoint, Genesis 2:24 says: "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh."

5. When you get married do you think you belong to that person, and that person to you?
6. What bearing does your answer have on whether you see jealousy as right or wrong?



From Lovepros.LoveisGreat.com

Excerpt from “Jealous.” Submitted by Wenda on 3/2/02:

In fact I in love with a boy, but my problem is that i am very jealous of him. he is good looking, and very often dare to glance at beautiful sexy girls(which is my opposite). But he keeps on telling me that he loves me. moreover i am jealous of his past girlfriends. what should i do?

7. Do you think it's right or wrong to be jealous over past relationships? Do you think it's right or wrong for Wenda to not capitalize “i”?

From Sugarbaker.com

Excerpt from “Jealousy!” by Dave Sugarbaker:

Is a little jealousy is good for the relationship? Some partners express irritation if their mate is blissfully unconcerned and supremely trusting in the relationship. They would like to see a bit of interest and concern!

8. Do you agree that a little jealousy is good for a relationship?

Dealing with Your Jealousy

Most people deal, to some degree, with jealousy. And most everyone has their own strategy for dealing with it. For example...

Wisdom from Sosuave.com

Well, since you know that acting in a jealous fashion will push her away from you (by decreasing respect) and acting in a confident fashion will draw her toward you (by increasing respect), then...

... ACT CONFIDENT.

Let her do whatever she wants. Give her all the freedom she wants. Don't complain when she goes out with her friends. Smile when she says she's going to have lunch with her old boyfriend. Encourage her to go to that male strip club. Proudly display your confidence to her.

9. What do you think of this strategy for dealing with jealousy?
10. Because jealous feelings don't just go away, how should you deal with them?
11. How can you tell if your feelings of jealousy are normal or obsessive?

Dealing with God's Jealousy

We've already noted that God, Himself, can be jealous. Let's look at an example from the Book of Hosea.

Hosea 1:1-8

The LORD said to Hosea, “Go, take to yourself an adulterous wife and have children of unfaithfulness, because the land is guilty of the vilest adultery in departing from the LORD.” So he married Gomer daughter of Diblaim, and she conceived and bore him...[three children].

Continued on page 4 



Hosea 2:5-10

She said, 'I will go after my lovers, who give me my food and my water, my wool and my linen, my oil and my drink.' Therefore I [the Lord] will block her path with thornbushes; I will wall her in so that she cannot find her way. She will chase after her lovers but not catch them; she will look for them but not find them. Then she will say, 'I will go back to my husband as at first, for then I was better off than now.' She has not acknowledged that I was the one who gave her the grain, the new wine and oil, who lavished on her the silver and gold – which they used for Baal. "Therefore I will take away my grain when it ripens, and my new wine when it is ready. I will take back my wool and my linen, intended to cover her nakedness. So now I will expose her lewdness before the eyes of her lovers; no one will take her out of my hands."

Hosea 2:14-16

Therefore I am now going to allure her; I will lead her into the desert and speak tenderly to her. There I will give her back her vineyards, and will make the Valley of Achor a door of hope. There she will sing as in the days of her youth, as in the day she came up out of Egypt. "In that day," declares the LORD, "you will call me 'my husband'; you will no longer call me 'my master.'"

Hosea 3:1-3

The LORD said to me, "Go, show your love to your wife again, though she is loved by another and is an adulteress. Love her as the LORD loves the Israelites, though they turn to other gods and love the sacred raisin cakes." So I bought her for fifteen shekels of silver and about a homer and a lethek of barley. Then I told her, "You are to live with me many days; you must not be a prostitute or be intimate with any man, and I will live with you."

12. Going to work Monday morning's got to be tough for a prophet. Why does God have Hosea marry a prostitute?

13. Where do you see God's love and jealousy displayed?

14. In what ways had Israel's heart wandered from God?

15. How do you feel, knowing that in your wandering, God has been jealous for you?

16. Where are you at now in your relationship with God? Wondering, wandering, or found?

Summary

As you continue to process where you are at in your spiritual journey, it might be a good idea to read through the beginning chapters of the gospel of John. See if you can recognize yourself in any of Jesus' encounters.

End 

The Compass is the discipleship curriculum for Campus Crusade for Christ's Campus Ministry. It was created by Centerfield Productions, the field based division of CruPress. We'd love to hear your feedback on this lesson. Please write us at centerfield@uscm.org