

## Jealousy is a Trap | Week 2

### Introduction

Jealousy whispers the lie that "God owes me" what He's given to others. When we constantly measure our lives against others', we develop a distorted view of God's goodness and provision. The path to freedom involves asking God for the right things with the right motives and learning contentment regardless of circumstances. As we embrace the grace Jesus offers, we can break free from jealousy's grip and find joy in God's unique plan for our lives.

### Conversation Starters (10 minutes)

- If you could trade lives with anyone for a day, who would it be and why? What aspect of their life seems appealing to you?
- When have you experienced gratitude this past week? How did that moment affect your perspective?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

### Group Discussion (45 minutes)

1. When have you been jealous of someone? What are you tempted to be jealous of?
2. Read [James 3:14-16](#). What does this passage reveal about the nature and consequences of jealousy? How have you seen these consequences play out in relationships?
3. Read [Philippians 4:11-13](#). What does Paul, writing from prison, say is the secret to contentment in all circumstances? How is this different from our culture's approach to satisfaction?
4. Respond to this statement: "The antidote to jealousy is trust." Share personal examples.
5. How does understanding God's grace change your perspective on what you deserve?
6. Gratitude brainstorm:
  - Go around the circle, sharing something you are grateful for.
  - Continue going around the circle several more times, not repeating anything that has already been said.
  - Have someone keep a list of what is shared.
  - Say a prayer of gratitude for all that has been shared.
  - How does focusing on gratitude shift your focus from comparison?

## Prayer (5 minutes)

*God, Thank you for the many blessings in our lives. Thank you for all that was shared today. Forgive us for the times we've been ungrateful for Your provision and envious of what You've given others. Help us to see Your unique blessings in our lives and to trust Your perfect plan for us. Give us hearts of contentment and gratitude that free us from the prison of comparison. Thank You for the grace that is more than sufficient for our every need. Teach us to celebrate Your goodness to others rather than resent it. Amen.*

## Announcements (5 minutes)

- This will be our last series with group notes for the semester. Group notes will end the week of June 1 and will resume the week of August 11.
- Start planning a couple of times for your group to connect over the summer. One social and one service gathering is a good guideline. Check our [Serve Your Community page](#) for some ways to serve together!