



The Emotional Roller Coaster Series

Jealousy.Anger.Drama and Trauma

Common Myths about Jealousy, Anger, & Drama

Jealousy is always negative

Jealousy is always a sin

Good Christians don't get jealous

Lots of confusion about how/why God is described as jealous

Good Christian people don't get angry

All forms of anger are a sin

I'm not being dramatic I'm just being honest

I'm not a drama queen this is just how I feel



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Episode # 9035

Jealousy

The Emotional Roller Coaster Series

Emotional Roller Coaster - involves many emotional highs and lows, with sudden and extreme turns. In this series we'll talk about jealousy, anger, drama and trauma.

Emotions

Common Myths about Jealousy

Taming the Green Eyed Monster

Emotions

Webster's Dictionary Definition of Emotion

a strong feeling (such as love, anger, joy, hate, or fear)

Emotions are one of God's gifts to us to help us connect/relate to each and enjoy life. For example let's look at Adam and Eve.

Genesis 2:23 NLT

“At last!” the man exclaimed. “This one is bone
from my bone, and flesh from my flesh!

Emotions are a _____ from God to help us relate to
others and enjoy life. Emotions were a part of being human
_____ the fall.

Common Myths about Jealousy

- Jealousy is always negative
- Jealousy is always a sin
- Good Christians don't get jealous
- Lots of confusion about how/why God is described as jealous.

When the Bible says that God is a jealous God – that is NOT the same
kind of jealousy referred to as a sin.

God's Jealousy is zealous, protective and does no harm. God's jealousy flows from His goodness and love to protect His children.

Deuteronomy 4:24 NLT

The Lord our God is a devouring fire; He is a jealous God.

When the word jealous is used to describe God in the Bible it is describing God's _____ and love for His Children.

Human Jealousy

Human jealousy is typically a painful emotion that involves a threatened or loss of important relationship. This kind of jealousy can also include a resentful desire for another person's advantages/successes/good looks etc. Just because a human being experiences the emotion of jealous it does not mean they have to cross the line into sin (Ex. Marriage Relationship)

Proverbs 14:30 NLT

A peaceful heart leads to a healthy body;
jealousy is like cancer in the bones.

Romans 13:12 NLT

The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living. Because we belong to the day, we must live decent lives for all to see. Don't participate in the darkness of wild parties and drunkenness, or in sexual promiscuity and immoral living, or in quarreling and jealousy. Instead, clothe yourself with the presence of the Lord Jesus Christ. And don't let yourself think about ways to indulge your evil desires.

The sinful kind of jealousy is _____ and is always _____
to our relationships with others and God.

Taming the Green Eyed Monster

- Acknowledge Jealousy
- Repent/Pray/Give Thanks
- Trust that God's Plan is Better (than anything – other people's stuff/status/relationships etc.)

James 4:7-8 NLT

So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

I don't have to be on the emotional roller coaster named jealousy. I can choose to _____ that God's plans for me are infinitely better than other people's stuff/relationships/status etc.

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Coming Up Next: Anger

Prayer

Dear God,

Thank you for my life. Thank you for all that you have given me. I ask by your Holy Spirit that you would help me see my life through your eyes and that I will walk in gratitude every day. Thank you for the gift of my emotions. By the power of your Holy Spirit show me how to respond to my emotions in a way that brings glory to you and helps me enjoy my life and relationships.

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