

# FOOD FOR THOUGHT *(continued)*

## **TAKING IT HOME**

1. In what ways does jealousy impact our relationship with God or impact our faith?

2. Do you feel comfortable talking honestly and openly with God about your frustrations and desires? Why or why not?

3. Is there anyone in your life that you need to actively celebrate? What would that look like for you to do that this week?

4. As you reflect on the talk from this weekend, was there anything that particularly caught your attention, challenged you, or confused you?

5. What might God be asking you to do with this message?

# MESSAGE NOTES

## **Emotional Health // Week 4**

**You cannot be spiritually mature & remain emotionally \_\_\_\_\_.**

### **MEMORY VERSE:**

*Above all else, guard your heart, for everything you do flows from it. **Proverbs 4:23***

**Jealousy says, "\_\_\_\_\_".**

### **Why is jealousy so destructive?**

**1. it causes me to \_\_\_\_\_ God's goodness in others.**

*For wherever there is jealousy and selfish ambition, there you will find disorder of every kind. **James 3:16***

*What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong - you want only what will give you pleasure. **James 4:1-3***

**2. It causes me to \_\_\_\_\_ God's goodness in my own life.**

*God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the glorious grace he has poured out on us who belong to his dear Son. **Ephesians 1:5-6***

**The way to clean our jealousy is through \_\_\_\_\_.**

*Be happy with those who are happy, and weep with those who weep. **Romans 12:15***

*A peaceful heart leads to a healthy body; jealousy is like cancer to the bones. **Proverbs 14:30***



# PERSONAL NOTES

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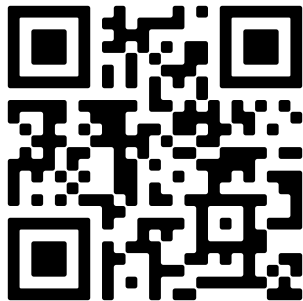
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# FOOD FOR THOUGHT

Our Winter Groups Season kicks off THIS WEEK! During this season, use these questions to facilitate discussion with your Group or for personal study.

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## **GETTING TO KNOW YOU**

1. What is one hopeful expectation you have for being a part of this Group this season?

2. How does jealousy or envy affect our relationships with others? Have you ever found yourself having difficulty in celebrating the success of someone else? Have you ever found yourself inwardly taking delight in someone else's setback or loss?

## **DIGGING DEEPER**

1. Reread this verse from Sunday:

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

### **Proverbs 14:30**

In what ways have you seen jealousy become like a cancer in the bones in your life or in the life of someone you know?

2. Paul writes that we are God's MASTERPIECE! That means that when God looks at you, he sees through the junk and sees his priceless creation! Take a moment to let that sink in.

Read **Ephesians 3:16-19**. As you read these verses, what words or phrases stand out to you that encourage you to see yourself and others how God sees you?

**“Be doers of the word and not hearers only...” James 1:22**

