

# Jealousy

**Jealousy**  
Jealousy is a complex emotion that arises from a sense of threat or fear of loss. It often stems from a perceived imbalance in a relationship, where one person feels that another is receiving more attention, affection, or resources than they are. This emotion can manifest in various ways, from subtle feelings of resentment to overt acts of sabotage or aggression. Understanding the underlying causes of jealousy is crucial for managing it effectively and maintaining healthy relationships.

**Causing Jealousy and Envy - are they the same?**  
While jealousy and envy are often used interchangeably, they are distinct emotions. Jealousy typically involves a third party, where one person feels threatened by the relationship between two others. Envy, on the other hand, is a feeling of discontent or resentment based on the desire to possess something that someone else has, such as a quality, achievement, or object.

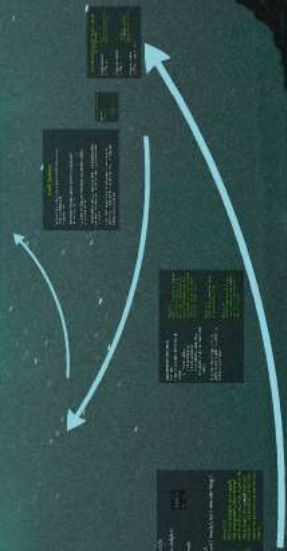
**Jealousy in new relationships**  
Jealousy is a common experience in new relationships, often due to uncertainty and a lack of established trust. It's important to communicate openly about these feelings and establish boundaries to build a secure and healthy partnership.

**Jealousy in the workplace**  
Jealousy in the workplace can be detrimental to productivity and team morale. It often arises from perceived inequalities in pay, promotion, or recognition. Addressing these issues through transparent communication and fair practices is essential for a positive work environment.

**Jealousy in social media**  
Social media has significantly increased the visibility of others' lives, often leading to feelings of jealousy. Comparing one's own life to the curated highlights of others can be harmful. Practicing gratitude and focusing on one's own journey can help mitigate these feelings.

**Jealousy in family**  
Jealousy can also occur within families, particularly among siblings. It often stems from perceived favoritism or unequal attention from parents. Open communication and understanding each other's needs can help reduce these feelings.

**How to deal with jealousy**  
Managing jealousy involves self-reflection and communication. Identify the underlying causes of your feelings, communicate them to the relevant parties, and work on building self-esteem and trust. Seeking professional help can also be beneficial in understanding and managing these emotions.



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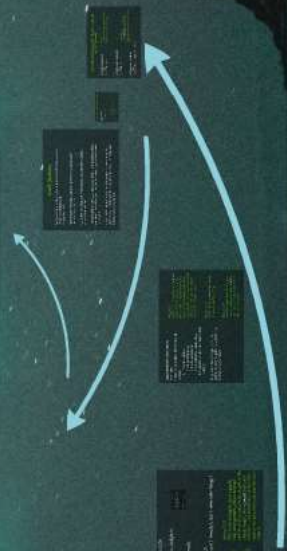
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**Jealousy in social media**  
Social media has significantly increased the visibility of others' lives, often leading to feelings of jealousy. It's important to remember that social media posts are curated highlights of someone's life, not the full picture. Practicing gratitude and focusing on your own journey can help mitigate these feelings.

**Jealousy in family**  
Jealousy can also manifest within families, particularly in sibling relationships. It often stems from perceived favoritism or competition for parental attention. Open communication and understanding each other's needs can help reduce these feelings.

**How to deal with jealousy**  
Managing jealousy involves self-reflection and communication. Identify the underlying causes of your feelings, communicate them to the relevant parties, and work on building self-esteem and trust. Seeking professional help, such as therapy, can also be beneficial in understanding and managing these emotions.



# Jealousy

In Hosea we see God using the relationship between a husband and wife (in particular an unfaithful wife) as an example of his relationship with his people Israel.

Looking at it this way helps us understand just how passionately he loves his people, how hurtful it is to him when they worship other Gods or turn away from him.

This example of an unfaithful spouse reminded me of all the times the bible describes God as being jealous for his people

*And I said unto her,  
Thou shalt abide for me  
many days; thou shalt  
not play the harlot, and  
thou shalt not be for  
another man: so will I  
also be for thee.  
Hosea 3:3*

*For the LORD thy God is a  
consuming fire, even a  
jealous God."  
Deuteronomy 4:24, KJV*

# *Coveting, Jealousy and Envy - are they the same?*

What do we think these words mean? People often use the word "jealous" when describing:

- wanting what someone else has
- feeling unhappy or resentful at someone else's good fortune

**So this sounds a lot like coveting which is in the 10 commandments as wrong? ... so are jealousy and envy the same as coveting? and how is God's jealousy different?**

# Lets look at some definitions

Definition of jealous according to lexico.com (powered by oxford):

## ADJECTIVE

- 1 Feeling or showing an **envious resentment** of someone or their achievements, possessions, or perceived advantages.  
'she was always jealous of me'
- 1.1 Feeling or showing a **resentful suspicion** that one's partner is attracted to or involved with someone else.  
'a jealous husband'
- 1.2 **Fiercely protective** of one's rights or possessions.  
'the men were proud of their achievements and jealous of their independence'
- 1.3(of God) **demanding faithfulness and exclusive worship**.

## Origin

Middle English from Old French gelos, from medieval Latin zelosus (see **zealous**).

Definition of envy according to lexico.com (powered by oxford):

NOUN envies

1. **A feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck.**

- 1.1 the envy of a person or thing that inspires envy.

VERB envies, envying, envied

1. Desire to have a quality, possession, or other desirable thing belonging to (someone else)

- 1.1 Desire for oneself (something belonging to another)

Origin

Middle English (also in the sense '**hostility, enmity**'): from Old French envie (noun), envier (verb), from Latin invidia, from invidere '**regard maliciously, grudge**', from in- 'into' + videre 'to see'.





Dad, you shouldn't be jealous of Apu.

I'm not jealous. I'm envious.



Jealousy is when you worry someone will take what you have. Envy is wanting what someone else has. What I feel is envy.

Definition of covet according to lexico.com (powered by oxford):

VERB covets, coveting, coveted

**Yearn to possess (something, especially something belonging to another)**

So similar but perhaps not as much "feeling" as Jealousy and envy

*But more importantly lets look  
at these words in the Bible*



# Covet - Chamad (primitive root) 02530

## Definition:

1. to desire, covet, take pleasure in, delight in

(Qal) to desire

(Niphal) to be desirable

(Piel) to delight greatly, desire greatly

2. desirableness, preciousness

## King James Word Usage - Total: 21

desire 11, covet 4, delight 2, pleasant 1, beautiful 1, lust 1, delectable things 1



## Exodus 20:17

Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

## Joshua 7: 21

When I saw among the spoils a goodly Babylonish garment, and two hundred shekels of silver, and a wedge of gold of fifty shekels weight, then I coveted them, and took them; and, behold, they are hid in the earth in the midst of my tent, and the silver under it.

## *Chamad - not always used negatively...*

Psalms 19:7-10

7 The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple. 8 The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes. 9 The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.

10 More to be **desired** are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

Song of Solomon 2:3

3 As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great **delight**, and his fruit was sweet to my taste.

## **Qana (Primitive root) 07065**

### Definition

1. to envy, be jealous, be envious, be zealous

- A. i) to be jealous of
  - ii) to be envious of
  - iii) to be zealous for
  - iv) to excite to jealous anger
- B. to provoke to jealous anger, cause jealousy

King James Word Usage - Total: 33  
jealous 10, envy 9, jealousy 5, envious 4,  
zealous 2, very 2, zeal 1

Kings 19:10

And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away.

Genesis 37:11

And his brethren envied him; but his father observed the saying.

Genesis 30:1

And when Rachel saw that she bare Jacob no children, Rachel envied her sister; and said unto Jacob, Give me children, or else I die.

# *Some of the other words used for "Jealousy" in the Old and New Testament*

## **Qin'ah (from Qana) 0768**

Definition:  
ardour, zeal, jealousy

Proverbs 6:34

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

## **Zeloo (from zelos- Greek) 2205**

Definition:  
to burn with zeal

2 Corinthians 11:2

For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ.

## **Zelos (from zeo - Greek) 2205**

Definition:  
excitement of mind, ardour, fervour of spirit

# *A special word used exclusively for God's jealousy*

**Qanna (from Qana) 07067**

Definition:  
jealous (only of God)

King James Word Usage - Total: 6  
Jealous - 6

Exodus 34:14

14 For thou shalt worship no other  
god: for the LORD, whose name is  
Jealous, is a jealous God:

# *God's Jealousy*

For thou shalt worship no other god: for the LORD, whose name is Jealous, is a jealous God:  
Exodus 34:14, KJV

For the LORD thy God is a consuming fire, even a jealous God."  
Deuteronomy 4:24, KJV

Psalms 79:5 How long, Lord? wilt thou be angry for ever? shall thy jealousy burn like fire?

The Lord shall go forth as a mighty man, he shall stir up jealousy like a man of war: he shall cry, yea, roar; he shall prevail against his enemies.  
Isaiah 42:13

Joshua 24:19 And Joshua said unto the people, Ye cannot serve the Lord: for he is an holy God; he is a jealous God; he will not forgive your transgressions nor your sins.

## *What can we take away from this?*

- God is perfect and Holy, so when the Bible says He is jealous we need to remember it is not like our normal understanding of jealousy, it is a pure and holy jealousy
- In Hosea we see how God loves us like a husband "should" love his wife, this is a relationship/covenant that is set up to be honored and cherished - not shared or neglected or broken
- When we neglect or stray from God it is incredibly painful for him! Just like the pain of betrayal from having an unfaithful spouse
- So God is zealously passionate about us and about protecting our relationship with him and bringing us back into relationship with him if/when we do stray (as we can see illustrated by the mercy shown in the example of Hosea redeeming his unfaithful wife)
- Just as Hosea redeems his wife and brings her back to himself, God has shown us his zealous love and vast mercy in sending his Son to die for us, to redeem us and bring us back into relationship with him

# Jealousy

**Jealousy**  
Jealousy is a complex emotion that arises from a sense of threat or fear of loss. It is often characterized by feelings of envy, suspicion, and a desire to harm or outdo the perceived rival. Jealousy can manifest in various ways, from subtle hints and passive-aggressive behavior to overt accusations and physical aggression. It is a common human experience, often rooted in insecurity and a lack of self-worth. Jealousy can be a destructive force, leading to strained relationships and personal suffering. Understanding the underlying causes of jealousy is crucial for managing it effectively and fostering healthier relationships.

**Causing Jealousy and Envy - are they the same?**  
While jealousy and envy are often used interchangeably, they are distinct emotions. Jealousy involves a sense of threat or fear of loss, often directed towards a third party. Envy, on the other hand, is a feeling of discontent or resentment based on the desire to possess what someone else has. Jealousy can be caused by actions that threaten a relationship, while envy is typically caused by the perception of someone else's success or possessions.

**Jealousy in new relationships**  
Jealousy is a common experience in new relationships, often stemming from uncertainty and a lack of established trust. It can be a sign of insecurity or a reflection of past experiences. Open communication and mutual respect are key to managing jealousy in the early stages of a relationship.

**Jealousy in the workplace**  
Jealousy in the workplace can be a significant barrier to productivity and team cohesion. It often arises from perceived unfairness or competition for resources. Addressing the underlying issues and promoting a culture of collaboration can help mitigate workplace jealousy.

**The effects of jealousy**  
Jealousy can have profound effects on both the individual and the relationships they are involved in. It can lead to increased stress, anxiety, and depression. In relationships, jealousy can erode trust and intimacy, leading to conflict and potential breakdown. It is important to recognize the signs of jealousy and seek support when needed.

**Jealousy and self-esteem**  
There is a strong link between jealousy and low self-esteem. Individuals with low self-worth are more likely to feel threatened by others and experience jealousy. Building self-esteem through self-reflection and personal growth can help reduce the intensity of jealous feelings.

**Jealousy and communication**  
Effective communication is essential for managing jealousy. Expressing feelings openly and honestly can help clarify misunderstandings and build trust. Active listening and empathy are also crucial for understanding the perspective of the other person.

