

Lesson 8 / May 4, 2025

# A Coat of Jealousy

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 8****Focus:**

Jealously hurts relationships

**Lesson 8****Bible Basis:**

Genesis 37

**Lesson 8****Memory Verse:**

“Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.” —Luke 12:15

**ECHOES:** By wisdom a house is built, and through understanding is it established.  
—Proverbs 24:3

To focus on how jealousy hurts relationships, students will consider the potential costs of competition as they watch a video about NFL star brothers play against each other.

**Materials:**

Internet access

It’s an interesting thing when siblings find success in the same industry, perhaps in Hollywood or within sports. Sometimes one is better known or more revered, and the other, while still quite successful in their own right, can be overshadowed or underrated.

Until last year in the NFL, brothers Travis and Jason Kelce were both playing on elite teams. Older brother Jason Kelce played for the Philadelphia Eagles until he retired from the NFL in 2024. His younger brother, Travis, plays as a tight end for the Kansas City Chiefs.

➤ **Do you think there is any family or sibling rivalry among the Kelces? Why or why not?** (Accept all reasonable responses.)

**In 2023, before Jason Kelce retired, he got to play his brother in the Super Bowl. Let’s take a look at a news report announcing this exciting match.**

Play this video for your students [3:18; stop at 1:45]:

Kelce brothers talk about facing off in Super Bowl 1 GMA

<https://www.youtube.com/watch?v=DGLc-pBCAWg>

➤ **How do you imagine these brothers felt when competing against each other? When watching the other succeed?** (You can imagine that predominately they were proud of each other’s successes. There may sometimes have been the feeling of one being overshadowed, even while they experience great success. Competing against each other must come with mixed emotions.)

➤ **Does competition always lead to conflict or do you think there is such a thing as healthy competition? What would that look like?** (Accept all reasonable answers. Healthy competition might sharpen us by challenging us to be our best. However, when competition is more about defeating an opponent than bettering ourselves it is more likely to cause harm.)

➤ **Have you ever been in a situation where someone close to you experienced a lot of success or praise? How did you feel? Did it impact your relationship with that person?** (Answers will vary according to personal stories. Some students may have dealt with feelings of jealousy or resentment or strained relationships. Others may have experienced joy and support and people who stay true.)

**The Bible tells the stories of imperfect people, just like us. Today we'll see how jealousy hurt Joseph and his family, and consider how we can heed this warning. Happily, we can learn from the failures as much as the successes. Better still, our failures are never too big for God!**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

high school



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**STEP 4**

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Focus:**

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Genesis 37

**Lesson 8  
Memory Verse:**

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—Proverbs 24:3

**Materials:**

- Paper
- Pens/pencils
- Whiteboard and marker (or screenshared document)

Lead your students through this series of questions to help them assess the role jealousy plays in their own lives and how to turn that around. (If your class is meeting online, invite students to bring supplies with them to class.)

➤ **Do you ever find yourself becoming jealous of people’s gifts, popularity, or things? How does jealousy impact you? How do you deal with it?** (Answers will vary. Some may struggle with jealousy of certain things more than others, such as supporting someone’s success but coveting the possessions of others, or some may experience jealousy of certain people more than others, such as being jealous of a sibling who is beloved by all more than being jealous of a popular friend. Jealousy may impact attitudes, relationships, or how one spends their time.)

➤ **Have you ever considered that when you spend your time in jealousy over what you don’t have, you’re actually depriving yourself of more? How might this be true?** (You might enjoy yourself and your time more if you are focused on the good and on gratitude. You may miss out on what you actually have and what God has in store for you if you’re focused on the opposite.)

➤ **If you looked at the person you are jealous of through God’s eyes, what might you see?** (Perhaps this person actually has more needs than you realize. Perhaps they need something you could offer. Perhaps this person has been blessed in a certain way to use their gifts in a big way for God. Perhaps you could encourage that.)

➤ **If you looked at yourself through God’s eyes, what might you see?** (A person wholly loved and cared for by God. Someone for whom God has gifts and purposes.)

➤ **What might happen if you prayed for the person you're jealous of?** (Accept all reasonable answers.)

Distribute supplies (or invite students to have them ready at home). **This week, when you find jealousy creeping in, try praying. Here are some suggested things you can pray for.** Write the following points on the whiteboard (or screenshared document) so that your students can copy the suggestions.

- Pray to see the person you are jealous of through God's eyes.
- Pray that God would meet their needs. Perhaps God could use you.
- Pray that God might use what this person has for good and for God's glory.
- Pray for yourself that you might see what God has given you.
- Pray for a grateful and generous heart.
- Pray for God's imaginative and expansive vision.
- Pray for boldness to use what God has given you for restoration, not destruction.

Close in prayer.

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