



COMMUNICATOR GUIDE

Like Me / Week 2

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

BOTTOM LINE

**The more I celebrate others,
the more I like me.**

GOAL OF SMALL GROUP

To help students understand that celebrating others is an effective way to combat jealousy.

SCRIPTURE

“Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah. Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. The Philistines occupied one hill and the Israelites another, with the valley between them” (1 Samuel 17:1-3 NIV).

“A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. He had a bronze helmet on his head and wore a coat of scale armor of bronze weighing five thousand shekels” (1 Samuel 17:4-5 NIV).

David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and fight him.” Saul replied, “You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth” (1 Samuel 17:32-33 NIV).

As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground. So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him” (1 Samuel 17:48-50 NIV).

“Whatever mission Saul sent him on, David was so successful that Saul gave him a high rank in the army. This pleased all the troops, and Saul’s officers as well” (1 Samuel 18:5 NIV).

As they danced, they sang: “Saul has slain his thousands, and David his tens of thousands” (1 Samuel 18:7 NIV).

Saul was very angry; this refrain displeased him greatly. “They have credited David with tens of thousands,” he thought, “but me with only thousands. What more can he get but the kingdom?” And from that time on Saul kept a close eye on David (1 Samuel 18:8-9 NIV).

“When Saul saw how successful he was, he was afraid of him” (1 Samuel 18:15 NIV).

“A heart at peace gives life to the body, but envy rots the bones” (Proverbs 14:30 NIV).

TEACHING OUTLINE

INTRODUCTION

- *(Communicator Note: Tell a personal story about a time when you were jealous of someone you were close to. Build the story around who it was, why you were jealous, and what made it so difficult. Talk about how your jealousy made you feel about that friend. We want to build the tension that sometimes we don't like people because we're jealous of them.)*

TENSION

- Sometimes jealousy can lead us to be slightly agitated at someone else. But once jealousy creeps into our hearts, we view them in a different way.
- Sometimes there are people you dislike who have *never* done anything harmful towards you. And the only reasonable explanation for you not liking them is that you're jealous of them. And it could be for a million different reasons...
 - Their ridiculous good looks
 - The grades they get
 - The position they have on the team or in the play
- Or maybe the reasons are something deeper, like...
 - How their parents show up at all of their events or games
 - How they are healthy and never sick, but you're stuck with health issues that no one seems to understand
 - How it seems like they can have confident conversations with other people so easily, but you can't even speak up in class.
- **Jealousy changes the way you see others and it changes the way you see yourself.**
- ***That person becomes the source of your unhappy feelings, and eventually the target of your anger.***
- When we feel anger towards someone, it is SO MUCH more difficult to celebrate the good things *we* have, *and* the good things *they* have.
- **All of a sudden, we're not good with them and we're not good with ourselves.**
- The real question, is **what are we supposed to do about it?**

TRUTH

- In ancient times, there was a man named Saul, who was the first king over Israel. He was initially known as a good and generous king, courageous in battle, and generally had the respect of his kingdom. At one point during his rule, he and his people found themselves in a battle against a fairly powerful group of people called the Philistines.
 - *"Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah. Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. The Philistines occupied one hill and the Israelites another, with the valley between them" (1 Samuel 17:1-3 NIV).*
 - *"A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. He had a bronze helmet on his head and wore a coat of scale armor of bronze weighing five thousand shekels" (1 Samuel 17:4-5 NIV).*
 - *David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him." Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth" (1 Samuel 17:32-33 NIV).*
 - *As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground. So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him" (1 Samuel 17:48-50 NIV).*

- *“Whatever mission Saul sent him on, David was so successful that Saul gave him a high rank in the army. This pleased all the troops, and Saul’s officers as well” (1 Samuel 18:5 NIV).*
- *As they danced, they sang: “Saul has slain his thousands, and David his tens of thousands” (1 Samuel 18:7 NIV).*
- *Saul was very angry; this refrain displeased him greatly. “They have credited David with tens of thousands,” he thought, “but me with only thousands. What more can he get but the kingdom?” And from that time on Saul kept a close eye on David (1 Samuel 18:8-9 NIV).*
- *“When Saul saw how successful he was, he was afraid of him” (1 Samuel 18:15 NIV)*
- Saul could’ve been happy for David. He could’ve applauded him along with the people and celebrated the fact that David helped his nation succeed. But instead, Saul felt threatened by David’s rise to fame and power. In fact, he eventually plotted to kill David, and spent a large majority of the rest of his life chasing after him in hopes of taking David out.
- I think the author of this Proverb gives us great insight about how jealousy can lead to destruction...
 - *“A heart at peace gives life to the body, but envy rots the bones” (Proverbs 14:30 NIV).*
- If we’re not careful, we can find ourselves in the same position as King Saul. We’ll discover ourselves how:
 - Jealousy can destroy that friendship.
 - Jealousy can cause us to doubt our own talents, achievements, and successes.
 - Jealousy can “rot” how we feel about ourselves.
 - Jealousy can kill our sense of peace.
- We will constantly encounter people who seem to have better things and a better life than us. That will never stop. **And if we aren’t careful, that gut feeling of jealousy has the potential to not only ruin our relationships with others, but also ruin the way we feel about ourselves.**

APPLICATION

- Okay, so we all get it. Jealousy hurts us. But what are you supposed to do about it?
- There IS something we can do—something that all the research and brain science says can actually help us lessen the effects of jealousy.
- Here it is...We can celebrate others. Because,
- **Bottom Line: the more I celebrate others, the more I like me**
 - *(Communicator Note: Interactive goes here)*
- Here are two great ways to put this into practice...
 - 1. Start with yourself.** Look at your own life and determine what’s worth celebrating.
 - 2. Move toward the person you’re jealous of.** When you feel that tug towards jealousy, ask yourself what you can celebrate about the person you are jealous of.
- If you can stick with it and stay committed to the process, you’ll be amazed at how it changes how you see yourself, and how you see the person you’re jealous of. Spend some time praying and asking for God’s help in changing your heart toward you and toward them.

LANDING

- **Jealousy will rot your relationships and rot your peace. But the more you celebrate others, the more you like yourself.** So, who do you need to celebrate?
- So, what is one thing you can do this week to celebrate *them*?

INTERACTIVE

For this Interactive you’ll need...

- An image of a small boat
- A green puke face emoji
- A seasickness band (or an image of one)



TEACHING SCRIPT

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The more I celebrate others, the more I like me.

INTRODUCTION

3 MINUTES

My best friend in high school was a model.

True story.

He was a male model for Calvin Klein. Which was super-weird since he was like 16, but he made good money using his good looks so it worked. I, on the other hand, looked like a giraffe. Not kidding. I was tall and skinny with a long neck and an oddly-shaped face.

Getting a date was the *last* thing my friend had to worry about. The ladies loved him. I didn't have to worry about it either, but that's only because I knew it wasn't possible and gave up all hope!

To make matters worse, his family had money and mine didn't. So even after my friend got paid for modeling, his parents would give him more. Literally *everything* he owned was cooler than *anything* I owned.

Sometimes I'd see him roll up in his cool car with his cool new clothes, and I'd find myself frustrated with him. Or I'd hear about another date he went on, and I'd feel resentment towards him. It wasn't like he was trying to rub in how attractive he was or how much money his family had—he would never do that. It was just that he had a lot of things going for him in life that I didn't have going for me. It wasn't his fault.

So, why was I mad at him over it?

I didn't realize it at the time, but I was dealing with something that would be a part of my life for a long time: jealousy.

*(**Communicator Note: Tell a personal story about a time when you were jealous of someone you were close to. Build the story around who it was, why you were jealous, and what made it so difficult. Talk about how your jealousy made you feel about that friend. We want to build the tension that sometimes we don't like people because we're jealous of them.)*

TENSION

6 MINUTES

Sometimes jealousy can lead us to be slightly agitated at someone else. And sometimes it can lead us to straight up disliking someone. He or she may be one of the nicest people we know. And maybe they've never done anything remotely mean to us. But once jealousy creeps into our hearts, we view them in a different way.

Think about it. There are some people you don't like because they're mean to you. They ignore you, call you names, or talk down to you. Maybe they tried to hit on the person you're dating, or they spread a bunch of false rumors about you. This makes sense.

But then sometimes there are people you dislike who have *never* done anything harmful towards you. And the only reasonable explanation for you not liking them is that you're jealous of them. And it could be for a million different reasons...

- Their ridiculous good looks
- The car they drive
- Who they're dating
- The grades they get
- The position they have on the team or in the play
- The attention they get...from everyone
- The house they live in

Or maybe the reasons are something deeper, like...

- How they seem to have the perfect, unbroken family
- How their parents show up at all of their events or games
- How they are healthy and never sick, but you're stuck with health issues that no one seems to understand
- How it seems like they can have confident conversations with other people so easily, but you can't even speak up in class.

Whether your jealousy is over something small or runs deep, here's what I know to be true: **Jealousy changes the way you see others and it changes the way you see yourself.**

When you see things that other people have that you don't—but wish you did—jealousy can lead you to feel unhappy about your life—even if you were totally happy with your life before! Or jealousy can make you feel insecure about who you are (or who you aren't). Looking at *them* makes you feel worse about *you*. And that's when anger enters the scene (because anger almost always follows jealousy.) ***That person becomes the source of your unhappy feelings, and eventually the target of your anger.***

When we feel anger towards someone, it is SO MUCH more difficult to celebrate the good things *we* have, *and* the good things *they* have. So, what do we do instead?

- We distance ourselves from them.
- We talk badly about them behind their backs.
- We secretly make lists in our heads of everything wrong with them.
- We don't like them....and we act like it.

All of a sudden, we're not good with them and we're not good with ourselves. The whole thing is...well, not good. We all know that. The real question, is **what are we supposed to do about it?** You can't just wave a magic wand and make life perfectly fair and it's really had to *not* be jealous of someone. So, what exactly are we supposed to do with it?

TRUTH

9 MINUTES

If you've ever dealt with jealousy, you're not alone. Everyone in this room has experienced jealousy. Adults deal with it just as much as you do. In fact, this has always been a struggle for human beings in general. That's why we can read stories of people experiencing the same thing in the Bible.

In ancient times, there was a man named Saul, who was the first king over Israel. He was initially known as a good and generous king, courageous in battle, and generally had the respect of his kingdom. At one point during his rule, he and his people found themselves in a battle against a fairly powerful group of people called the Philistines. If you've ever heard of the story about David and Goliath, then you know who Saul was at battle against. Goliath was a Philistine.

Check it out...

"Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah. Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. The Philistines occupied one hill and the Israelites another, with the valley between them" (1 Samuel 17:1-3 NIV).

It's the perfect set up for a good, old-fashioned, showdown. But the Philistines had a secret weapon...

"A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. He had a bronze helmet on his head and wore a coat of scale armor of bronze weighing five thousand shekels" (1 Samuel 17:4-5 NIV).

So, obviously this was a big dude. He was also a "champion." He crushed people. Who would stand up to him? And that's when David stepped in, saying he was ready to fight Goliath. Saul heard about this and sent for him...

David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him." Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth" (1 Samuel 17:32-33 NIV).

Basically, Saul is saying David is crazy for thinking he could take Goliath on. But eventually David talked Saul into it, and this is what happened:

As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground. So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him" (1 Samuel 17:48-50 NIV).

As you can imagine, David became an instant hero to the Israelite people! But his story didn't end on that battlefield. King Saul promoted David because of his courage. And David delivered...

"Whatever mission Saul sent him on, David was so successful that Saul gave him a high rank in the army. This pleased all the troops, and Saul's officers as well" (1 Samuel 18:5 NIV).

David went on to have great success during that time. It was like everything he touched turned to gold. All the people loved him. The Bible says it this way:

As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands" (1 Samuel 18:7 NIV).

The people danced. They quite literally celebrated him and praised him as greater than their king. You can probably imagine how that went over. Put yourself in Saul's shoes. How do you think he felt about everyone loving David more than him? Look at Saul's reaction:

Saul was very angry; this refrain displeased him greatly. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" And from that time on Saul kept a close eye on David (1 Samuel 18:8-9 NIV).

As the people continued to praise David for his heroic efforts, they began to view him as greater than Saul. Now, it's not that the people turned on Saul. They just *really* liked David. And that's when jealousy set in for Saul...

"When Saul saw how successful he was, he was afraid of him" (1 Samuel 18:15 NIV).

Saul could've been happy for David. He could've applauded him along with the people and celebrated the fact that David helped his nation succeed. But instead, Saul felt threatened by David's rise to fame and power. In fact, he eventually plotted to kill David, and spent a large majority of the rest of his life chasing after him in hopes of taking David out.

Which is crazy, because Saul was the one who recognized David's skills and promoted him to a leadership position in the first place! So what changed? I think the author of this Proverb gives us great insight about how jealousy can lead to destruction...

"A heart at peace gives life to the body, but envy rots the bones" (Proverbs 14:30 NIV).

If we're not careful, we can find ourselves in the same position as King Saul. We'll discover ourselves how:

- Jealousy of a friend can rot, destroy, and ruin us.
- Jealousy can destroy that friendship.
- Jealousy can cause us to doubt our own talents, achievements, and successes.
- Jealousy can "rot" how we feel about ourselves.
- Jealousy can kill our sense of peace.

Now, here's a fun fact we can't NOT talk about. You know who wrote that Proverb? Most people believe it was Solomon, David's son, writing years later. The Bible doesn't tell us how he came up with the idea, but I can imagine this saying "envy rots the bones" being something Solomon heard from his father over and over as he was growing up because his father, David, saw the devastating effects of jealousy first-hand. And just like Solomon learned wisdom from David's experience, so can we.

We will constantly encounter people who seem to have better things and a better life than us. That will never stop. And sometimes that sets our hearts in a strange direction. **And if we aren't careful, that gut feeling of jealousy has the potential to not only ruin our relationships with others, but also ruin the way we feel about ourselves.**

APPLICATION

5 MINUTES

Okay, so we all get it. Jealousy hurts us. But what are you supposed to do about it? You can't just decide to *not* feel something you feel, right? Anybody ever try that? C'mon, let's practice. Think of someone you're jealous of. Now *don't* be jealous! That work? Of course not! It's ridiculous. But there IS something we can do—something that all the research and brain science says can actually help us lessen the effects of jealousy.

Here it is...We can celebrate others. Because,

The more I celebrate others, the more I like me.



For this interactive you'll be illustrating how memorizing scripture is like having something that when placed in the right spot can be helpful and can change the way that one feels. You will need a picture of a small boat, a green puke-face emoji, and a seasickness band (or wear a physical one).

Say something like this:

It's kind of like this. Anybody ever been on one of these? (Show picture of a small boat). For some people it's fun, but for me? Well, I spend most of my time on any boat looking like this (Show picture of green puke-face emoji). It's not pretty. And since it's my brain making me nauseated, I can't just un-feel that. I can't tell myself, "Hey, don't feel like you're going to bar." It doesn't work.

But you know what works? These little guys. (Show picture of seasickness bands or put one on). And here's what's crazy. There's no medicine in them. They put pressure in just the right spot to trick my brain into feeling something different than it feels.

Celebrating others works the same way. It shouldn't work the way it does. But when you do it, you can trick your brain into feeling less jealousy and more love and compassion.

Here are two great ways to put this into practice...

- 1. Start with yourself.** Look at your own life and determine what's worth celebrating. What are you good at? What do you have to be thankful for? What's good in your life right now? These might seem like really cheesy questions to ask or practices to participate in. But trust me, write them down. Maybe even challenge yourself to write down one thing every day. It will help.
- 2. Move toward the person you're jealous of.** When you feel that tug towards jealousy, ask yourself what you can celebrate about the person you are jealous of. What are they good at? What things make you thankful for them? Write those things down, too.

This may be difficult at first. It may seem pointless. But if you can stick with it and stay committed to the process, you'll be amazed at how it changes how you see yourself, and how you see the person you're jealous of. Spend some time praying and asking for God's help in changing your heart toward you and toward them.

LANDING

1 MINUTES

As you head to small group, I want to remind you that God isn't mad at you for being jealous. He understands we all come wired with a tendency toward jealousy. He also knows how much it can hurt you and your relationships which is why He wants to set you free from it.

Jealousy will rot your relationships and rot your peace. But the more you celebrate others, the more you like yourself. So, who do you need to celebrate? You may not be able to talk about them by name in small group because other people know them. But you can begin to brainstorm ideas for how to celebrate others in group, and on your own you can begin the immediate work of celebrating the people you are jealous of and, in turn, experiencing more freedom in your relationship with yourself and others.

So, what is one thing you can do this week to celebrate *them*?



TRANSITION INTO SMALL GROUPS
