



Serve, Support, Strengthen

Reasons Christians hurt each other

- Welcome everyone – 1 minute
- Open with prayer - 1 minute
- Suggest feedback on answered prayer – 5 - 10min
- Time of Bible study – 40 minutes
- Questions – 10 minutes

Other related Bible studies in this series:

- When Christians hurt each other Part 1
- Praying for your frenemy
- When people from church manipulate you
- Coping when people hurt you

Introduction

Internal reasons for hurting others, such as jealousy or insecurity, often stem from unresolved emotions, fears, or unmet needs. Here are some common internal reasons and the methods used to hurt others: *Jealousy, Insecurity, pride and arrogance, fear of rejection, Unforgiveness and bitterness, envy, unhealed emotional wounds*

Jealousy

Jealousy arises when someone feels threatened by another's success, relationships, or possessions. This leads to resentment and a desire to diminish or exclude the person perceived as competition.

Plays out as:

- Exclusion: Intentionally leaving someone out of social gatherings, conversations, or opportunities to undermine their value.
- Gossip and Slander: Spreading rumours or negative information to tarnish the person's reputation.

Insecurity

Reason: People who feel insecure about themselves may project their feelings onto others to protect their fragile sense of worth. This leads to hurting others in an attempt to elevate themselves.

Plays out as:

- Criticism: Constantly belittling or putting down others to feel superior.
- Manipulation: Controlling situations or people to maintain a sense of power and hide personal vulnerabilities.



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Pride and Arrogance

Reason: Pride can cause someone to believe they are better than others, which leads to condescension or indifference toward others' feelings.

Effect on person:

- Ignoring or dismissing the contributions and needs of others.
- Humiliation: Intentionally embarrassing someone to assert dominance.

Fear of rejection or abandonment

Reason: A deep-seated fear of being rejected may lead someone to hurt others before they get hurt themselves.

Done using:

- Pre-emptive rejection: Excluding or pushing others away to avoid feeling rejected.
- Defensiveness: Lashing out at perceived threats, even if they are unwarranted.

Unforgiveness and bitterness

Reason: Holding onto past hurts or grudges can lead to bitterness, which drives a person to lash out at others as a form of retaliation.

Done through:

- Passive-aggressive behavior: Sabotaging relationships or opportunities in subtle, indirect ways.
- Resentful criticism: Constantly bringing up past wrongs or attacking others' character.

Envy

Reason: Envy is closely related to jealousy but focuses more on wanting what someone else has rather than just feeling threatened. This can lead to feelings of inadequacy and hostility.

How does envy play out?

Undermining success: Downplaying or criticizing another's accomplishments to make them seem less significant.

Sabotage



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Actively working against someone's success or happiness out of spite. This often happens in leadership when there is a race for power instead of servant leadership.

Unhealed emotional wounds

Reason: People who have experienced deep emotional pain or trauma may hurt others unintentionally, How do unhealed emotional wounds play out? Withdrawing affection or support: Creating emotional distance to avoid intimacy, which can be perceived as rejection.

Hostility or anger:

Lashing out in anger because of unresolved pain, often misdirecting their feelings at others.

Biblical perspective on hurting others

James 3:16 "For where you have envy and selfish ambition, there you find disorder and every evil practice."

Read: Galatians 5:19-21 "The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like."

What are the consequences of sinful behaviour listed in this verse?

The passage lists jealousy, discord, and selfish ambition as works of the flesh that cause division and pain in relationships.

Methods of exclusion or hurting others

- Ask the group methods that have been used actively where they feel excluded or hurt

Social exclusion: Deliberately excluding someone from group activities, conversations, or opportunities, making them feel isolated and undervalued.

Silent treatment: Ignoring or refusing to communicate with someone as a way to punish or assert control.

Gossip and backbiting: Talking negatively behind someone's back to damage their reputation or relationships. Using this to 'share' information is gossip, if the other person hasn't given you permission to talk about them, then don't.

Public humiliation: Intentionally embarrassing someone in front of others to diminish their worth and boost one's own status.

Passive-aggression: Expressing hostility in subtle ways, like sarcasm, indirect insults, or backhanded compliments.



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Undermining: Actively working to sabotage someone's efforts, relationships, or opportunities in subtle or overt ways.

Dealing with internal reasons in a Biblical way

Renew the Mind

Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."

Address internal issues by allowing God to transform thoughts, replacing jealousy, insecurity, and pride with love and humility.

Confession and accountability

James 5:16: "Therefore confess your sins to each other and pray for each other so that you may be healed."

Confessing these internal struggles to trusted friends or mentors can bring healing and prevent further harm.

Pursue Love and Unity

1 Corinthians 13:4-7: "Love is patient, love is kind...it does not envy, it does not boast, it is not proud...it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

The Bible urges believers to act in love, resisting jealousy and selfish ambition.

Recognizing the root causes of hurtful behaviour and addressing them with biblical truth helps healing and reconciliation in relationships.