

Angie's Marriage Column ~ December 12, 2008

I'm Jealous of my Wife when she is around other Men

Marriage Question: I know very well that my spouse will not willingly cheat on me. But I get so jealous when she is in the company of other men. I do trust her; but from the experiences of others, I don't trust most of the men she interacts with. Please what should I do?

Marriage Guidance: Well let's start at the beginning. You are admitting jealousy. That's a good place to start. Let's analyze what jealousy is and then we'll see what the scriptures say about it.

You might be thinking, "hey I know what jealousy is, I want to know what to do about it." Ok, jealousy is an emotion of discomfort. When we are emotionally uncomfortable it is a signal that the Creator gave us that we have something to learn. So in a way initially this is a good thing. It's like a warning light; a head's up kind of thing that says hey, pay attention.

Typically instead a person submits to their emotion while in a state of discomfort and unfortunately usually it leads to an(irrational) emotional decision which includes inappropriate action. Making decisions or taking action at this time would not be permissible scripturally and we'll see why in a moment.

So I am very glad that you wrote in because it shows that you are thinking rationally and want to learn God's ways. You want to learn something and that is a step in the right direction. Since I don't know you personally we will concentrate on scriptural principle. You may have seen in the scriptures that it says what love is, and what it isn't, and one of the things that it isn't is ...you guessed it...jealousy.

Now why do we need to understand this? Because when we accept that principle, then we can start to really understand that giving in to jealousy is not the proper answer to the issue at hand, because we are likely to overreact out of emotion in a not so loving way. This does not mean we should do nothing at all, because as we've seen, it's giving us a head's up.

So what is the proper answer to the issue at hand? Well, you will have to analyze the situation and see it for what it is after you have come to your thinking (rational) self and then come up with several different scenarios that would not be contrary to the law of love. So that means that if you're patient, kind, longsuffering, forgiving, etc. wise as a serpent and harmless as a dove you're on the right track.

I have to ask you though, if you know these men are not trustworthy then what are you doing in their company? Did you not read where it says, do not sit down to eat with fornicators etc. etc. We are not to keep company with non-believers.

Whoa, wait a minute is this for real? Well that's what it says my friend. That doesn't mean you can't interact in some way out of need, such as in a commercial setting, or short non committed visits. In other words, we shouldn't buddy up with them according to scripture. I think our God is a loving God and He is looking out for us. So let's thank Him for giving us an idiot light and righteous discernment about the situation then sit down and read the scriptures tonight and find a way to love your wife even more.

So now you need to figure out how to apply this to your situation in a loving way. Always patient, and always kind...

Christ's peace to you,
Frank and Angie
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