

emotional intelligence. week 2



BIG IDEA

Our emotional health is an area of our lives which often goes unnoticed. Many Christians can do well in many areas of their lives (family, financial, school) without paying much attention to their emotional health before learning a little too late what the damaging effects of our unhealthy emotions can make on other parts of our lives.

God loves us so much that He desires us to make changes in our lives that enable us to be healthy and growing and full of love. He is also very aware that changing is a process, challenging and often painful. Which is why He has given us the Holy Spirit to empower us, comfort us and strengthen us as we make hard changes in our lives.

This weekend we are challenged to be courageous and vulnerable to look into our emotions and acknowledge how they are affecting us. It can be uncomfortable but He is with us as we grow into spiritual maturity and live the life He has planned for us to the fullest.

Ephesians 4:16 NLT

He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

1 John 3:1 NLT

See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him.

Ephesians 5:14-17 NLT

¹⁴for the light makes everything visible. This is why it is said,

“Awake, O sleeper,
rise up from the dead,
and Christ will give you light.”

¹⁵So be careful how you live. Don't live like fools, but like those who are wise.¹⁶Make the most of every opportunity in these evil days. ¹⁷Don't act thoughtlessly, but understand what the Lord wants you to do.

DISCUSSION QUESTIONS

1. What is something that spoke to you from this weekend's sermon?

Healthy things Grow

Growing things Change

Changing things Challenge us

2. Read Ephesians 4:16. Paul is saying that for the people of the church to do the work that God has planned for them, they must be healthy. What does being healthy mean for you? What areas of your life do you feel you need to be healthier?
3. To be more like Christ means we must go through change and be challenged. However, change is painful most of the time and some of us can go to the extreme to avoid and escape the change process. Are you able to share with your group a change process you had to go through to be healthy and the struggles you endured? How did Jesus help you during this time?

“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.”

4. Emotional Intelligence (EQ) plays a crucial part in our journey to be healthy children of God. We must take care of our emotions!
Read Ephesians 5:17. To live “thoughtlessly” is to live ignorant and unaware of your emotions. Is this something you can relate to? How are you working on your emotional health?
5. EQ elements consist of personal awareness, personal management, social awareness, and relationship management. After hearing this weekend's message, which area do you intend on working on to improve?

Note for Leaders:

Encourage your group to look into the Enneagram Personality Test. Refer to the website for more information <https://www.enneagraminstitute.com/> or look up the varied free tests you can access online. Then check out “The Road Back To You” by Ian Cron which can help you understand yourself AND your group members better so your group can grow together and be stronger.

Prayer:

Pray together that God give your group courage and patience to know themselves more and grow into emotionally healthy people.