

emotional intelligence. week 3



BIG IDEA

All of us have memories of our childhood and upbringing. Some memories are good and some memories are not so good, or perhaps horrible and painful. Whatever your childhood and upbringing may look like, they directly and indirectly shape the person you are today! To address the matters and issues today in our journey of faith, we need to go back in order to go forward so that we don't get stuck in our present. Only through this process are we able to improve our emotional intelligence of increasing self awareness and the quality of our relationship management.

1 Corinthians 13: 11

¹¹ When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.

DISCUSSION QUESTIONS

1. What was one thing from the weekend's sermon that spoke to you?
2. Unfortunately, some of us can come out of our childhood with some unhealthy habits. Without disrespecting or belittling your family or childhood, can you share one unhealthy habit that lingers in your life to this day? How has it affected the quality of your life today (e.g. your relationships). How are you trying to break that habit?
3. We also inherit many misguided beliefs about life, people, God from our upbringing. What are some misguided beliefs you are carrying around today and how do you think you can replace them with the Truth?

Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.

Brene Brown - "Gifts of Imperfections"

4. We have all experienced shame to a certain degree in our lives. Is anyone courageous enough to share a shame they are in the process of overcoming? Your story may be a blessing and encouragement to someone in your group.

5. Shame grows out of secrecy, silence and judgment and its power is broken when a person builds courage to speak up. We know that Jesus took all our sin and shame on the Cross and our identity is now found in Christ instead of our shame. Even while knowing this truth, what do you think prevents you from speaking up about shame?

Pray for any group members who are struggling with shame in their lives and the repercussions it may have in areas of their lives.

Also pray for your group's unity and spirit of transparency so that your group is a safe place for people to be vulnerable and speak up, own their story and grow in their faith.