



EQ

EMOTIONAL INTELLIGENCE

YOUR ABILITY TO LOVE YOURSELF & OTHERS

Overview:

Your EQ measures what matters to God: your ability to love yourself and the people around you. In this series we'll explore emotional intelligence and how to grow in it.

Lessons:

1. God Wants All of You
2. Markers of a Self-Aware Person
3. 4 Steps to Expressing Emotions
4. 3 Signs of Relational Health
5. Applying EQ in Everyday Environments



GOD WANTS ALL OF YOU

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TALKING POINTS

Even though EQ is a new idea to us, God had it in mind all along.

- EQ measures your _____ and _____ health. It's the ability to know yourself and to _____ and understand others. **Psalm 139:1, Proverbs 2:3**
- God created us as _____, _____, and _____ beings. By nature, these components are _____ in all of us. **Genesis 1:31, Jeremiah 17:9**
- A relationship with God makes you a _____ and _____ person. God changes you from the _____, impacting the spiritual, emotional, and relational. **Matthew 22:37-39, 1 John 1:7, John 10:10**

DISCUSSION

1. *Share about a person in your life who seems to have high EQ. What qualities do they have that you admire? Share about a person in your life who seems to have low EQ. What qualities do they have that drive you crazy?*
2. *Why do you think EQ is a better predictor than IQ for success in life? Why is the ability to understand others important to healthy relationships?*
3. *Read Genesis 1:27-31. Why do you think God made a point to say "very good" when he created us? What do you think it means that you were created in the image of God? How does knowing that you are an image bearer of God change the way you look at yourself?*
4. *Read Jeremiah 17:9. How have you seen people deceived by their feelings?*
5. *Read John 10:10. How have you seen the enemy kill and destroy relationships? What does a rich and satisfying life look like?*
6. *Read Matthew 22:37-39. How will growing in your love for God (spiritual) impact the way you view yourself (emotional) and others (relational)?*

MARKERS OF SELF-AWARENESS

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TALKING POINTS

Humans are made in God's image, but we're also born with a sin nature.

Learning to be self-aware will help Christians live out their new nature.

Ezekiel 36:26

- Self-aware people have the courage to articulate their _____ and _____. They're _____ enough to take a compliment or listen to a rebuke.

Proverbs 2:3, Romans 12:3

- Self-aware people are _____ and _____ when someone points out a weakness. They avoid sinful responses to sin and show a willingness to _____

their junk. **Genesis 3:11-12, Proverbs 13:18**

- Self-aware people have authentic _____ lives. Their _____ with God leads to transparency with others. **Psalms 139:23-24**

DISCUSSION

1. On a scale from 1-10, (10 is perfect) how self-aware do you think you are? Explain. What would those closest to you say?
2. Why is it frustrating to be in relationship with someone who doesn't seem to understand themselves or how they come across to others?
3. Read Proverbs 2:3. What does it look like to cry out for insight? Share a time a person shared an insight with you that had a positive impact on your life.
4. Share two strengths and two weaknesses of your personality. Why is it important to be able to identify both?
5. Read Proverbs 13:18. Why is it hard to hear criticism from others? Why is it valuable to receive correction?
6. Review the sinful responses to sin. Which ones do you fall prey to most? How do these responses hold you back?
7. Read Genesis 3:11-12. Adam and Eve made excuses rather than taking responsibility. Describe what a victim mentality looks like in a relationship. Describe what it looks like to take ownership in a relationship. Which one do you do more?
8. Read Psalm 139:23-24. Why was this a brave prayer for David? Why does it take courage for us to identify the people and experiences that have hurt us in the past? How can this transparency help us to grow in EQ?

STEPS TO EXPRESSING EMOTIONS

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TALKING POINTS

Understanding your emotions is only part of the battle. The next challenge is knowing how to express them.

- Step 1: Identify the “_____” and the “_____” of your feelings. Don’t be afraid to admit such _____ as anger, anxiety, sadness, or disappointment. **Psalm 143:3-4, 7**
- Step 2: Take a time out to _____ and _____ about what you’re feeling. Make a habit of bringing your emotions to God _____, not as an _____. **Psalm 143:8-11, Philippians 4:6-7**
- Step 3: Seek _____ from a trusted friend. Ask them for _____ about what you’re feeling or how to respond. **Proverbs 12:15**
- Step 4: Make a productive plan that invites _____, first for yourself and then for others. Be _____ about following through on your plan. **Isaiah 26:3, Romans 12:18**

DISCUSSION

1. *Describe the emotional temperature in your home growing up. What did you learn about emotions from your family?*
2. *Review Aristotle’s challenge and read Ephesians 4:29. Why is the expression of emotions so complex?*
3. *Read Psalm 143:3-4,7. Identify all the emotions David names in these verses. Why is there power to naming how you feel?*
4. *What are your unhealthy tendencies in expressing your emotions? How have those tendencies impacted those closest to you? According to Psalm 143:8-11 and Philippians 4:6-7, what should you do?*
5. *Read Proverbs 12:15. Share a time when you sought counsel from someone and they helped to change your perspective. Why is it wise to seek advice from a trusted friend before acting on an emotion? What do you risk if you don’t?*
6. *Read Isaiah 26:3 and Romans 12:18. What do you think it means to first make peace with yourself? How can we take this too far? What does it look like to make peace with others? Does peace always mean a restored relationship with someone? Explain.*

NOTES

3 SIGNS OF RELATIONAL HEALTH

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TALKING POINTS

A relationally unhealthy person is toxic to the people around them. The opposite of that is a relationally healthy person - and here's how to know if that's you.

- A relationally healthy person is personally _____. They know who they are and they don't _____ to be something that they're not. **Romans 12:9-10.**
- A relationally healthy person has _____ for others. They've developed the _____ of seeing things from another person's point of view, even when they disagree. **Hebrews 12:14**
- A relationally healthy person steps into healthy _____. They bravely speak the _____ whenever it's helpful. **Galatians 6:1, Ephesians 4:2-3**

DISCUSSION

1. *Who is a difficult person in your life? What qualities make it hard for you to be in relationship with them?*
2. *Think about a person in your life who you feel is fake. What clues or evidence do you have for this? How does their lack of authenticity affect your relationship with them?*
3. *Read Romans 12:9-10. What does it look like when we're "fake" loving someone? Describe what a genuine friend looks like.*
4. *Define empathy in your own words. Why is recognizing another point of view important in a relationship? How does it feel when someone else doesn't acknowledge your feelings or perspective?*
5. *Read Hebrews 12:14-15 and Ephesians 4:2. What happens when we choose to be gracious toward someone's faults rather than being judgmental and critical?*
6. *Read Galatians 6:1. Share a time when you lovingly confronted a friend. How did it impact your relationship?*

NOTES

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APPLYING EQ IN EVERYDAY LIFE

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TALKING POINTS

EQ measures your emotional and relational health. It's the ability to know yourself and to empathize and understand others.

Here's how it impacts your spouse, parent, co-worker, and friend.

- An emotionally healthy spouse can express their _____ clearly and chooses to put the _____ of their spouse above their own. **Ephesians 5:25-26**
- An emotionally healthy parent will lovingly _____ their kids but they will also implement _____ to teach and prepare them for future independence. **Matthew 3:17, Proverbs 22:6**
- An emotionally healthy employee (or employer) treats others with _____ and works to _____, not _____. **Ephesians 6:6, Romans 12:18**
- An emotionally healthy friend walks with others _____ through life, _____ in the good times and _____ in the hard times. **Romans 12:9-10, Galatians 6:2-3**

DISCUSSION

1. Which of the everyday environments is hardest for you emotionally? Explain.
2. If you're married, how do you need to improve in your ability to communicate with your spouse?
3. Read Ephesians 5:25-26. How did Jesus model sacrificial love for us? How does that inspire or challenge you?
4. Read Proverbs 22:6. If you're a parent, give yourself a grade on how you're doing at affirming each of your kids. How can you improve? What are the values you want to teach your kids? How are you training them toward those values?
5. Read Ephesians 6:6. Describe the environment of your workplace. Who or what contributes to an unhealthy culture? How can you be more of a positive influence there?
6. Read Galatians 6:2-3. Share about a friend who has really been there for you. What can you learn from their example?

