

Small Group Notes based on Emotional Intelligence 5

Remember, small groups are primarily for growing closer relationships with other believers. We can learn wonderful things in this environment but keep relationships first.

- Make sure everyone knows each other's names. Have everyone share a little about themselves and how life is going right now.
- The inner battle for our emotions is a battle we have a right to win.
 - Look at **Philippians 2:5 and 1 Corinthians 2:16.**
- What is Emotional Intelligence? Daniel Goleman's 5 Elements of Emotional Intelligence: Self-Awareness, Self-Regulation, Internal Motivation, Empathy, and Social Skills.
- This Week: Let's talk about speaking the truth in love.
 - Read **Ephesians 4:15.**
 - Are there other ways to speak the truth? Discuss the following: speaking the truth in: anger to hurt someone, pride to puff yourself up, disgust to run someone down, flattery to manipulate, oblivion like the 3 year old in the grocery store, hypocrisy to look good, etc.
 - **Ephesians 4:14** is an example of speaking the truth in divisiveness.
 - Pointing out a flaw in a particular church to get someone to go to yours is speaking the truth in divisiveness.
 - In the sermon Pastor Mike said that "denominational lines are an illusion." What do you think of that statement?
 - If you would like to dig into that read: 1 Cor 12, John 15:1-8, and Ephesians 4:11-16.
- Have you ever tried to speak the truth in love but it didn't go so well?
 - Here's a surprise Scripture: **Proverbs 9:7-9.**
 - Hmm. So speaking the truth in love to someone who doesn't have the emotional intelligence to receive it is not a good idea. Have you ever done that? Are there times when you have to rebuke a mocker? (In parenting for example.)
 - This is like **Matthew 7:6.** Be smart in doling out your wisdom.
- So, speaking the truth in love rather than in other emotions or for other reasons is first. Then speak the truth in love to the people who will benefit. That's all fine.
- The next step could change your life. Ready?
 - Be emotionally intelligent enough to be teachable.
 - Mocker in Prov 7 is also translated scorner, scoffer, and conceited man.
 - Watch out for the little scoffer inside of you. Any stories of when it came out?
 - The truth needs to be your friend however painful it may be.
 - Otherwise you will stagnate. You can't progress unless you are teachable.
- We're not perfect. The way we get better is to be teachable.
 - Do you want to be a better parent, employee, boss, musician, small group leader, Christian, etc? Be teachable.
 - Let people teach you, but of course be smart about who you let teach you.
 - Let The Lord teach you. Don't waste your pain without learning the lesson.
 - You might even get good enough at this to learn from other people's mistakes!
- Pray for each other before you finish up!