

Small Group Notes based on Emotional Intelligence 4

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 get a little ways further into the inner battle.
 - Have you heard **1 Peter 5:7**? Take a minute and just imagine if you could do this at will!
- Did Jesus ever go through something that caused him to be troubled on the inside?
 - Yes. **Matthew 26:37-38**
 - How did he deal with it? **Matthew 26:39**
 - Jesus prayed. He made sure of the Father's will. He received strength.
 - One could say Jesus cast his cares upon the Father.
 - How long did that take? A couple hours maybe? For Jesus!!!
 - So that is the example for us: make sure we are in God's will and pray.
- What is the opposite of anxiety? How about peace? So we want to get anxiety out and get peace in.
 - Interesting thing about peace...Jesus imparts it. **John 14:27-29**
 - Remember verse 29, told you ahead of time, it will come back later.
 - Another interesting thing about peace...Jesus tells his disciples to impart it. **Matthew 10:11-13**
 - Does everyone get the disciple's peace? What make the difference?
- Discuss these common mistakes that may cause you to miss God's peace in your life:
 - #1: Trying to receive God's peace without fully surrendering to Him.
 - **John 14:23-29.** It goes: love God, obey God, have peace in the Spirit, because God has a big plan you can't see. Fail this and you short circuit the process and peace won't come.
 - #2: Fighting the wrong fight: being about your kingdom rather than His or fearing man rather than God.
 - You get off into stuff you shouldn't be carrying.
 - You try to please people you shouldn't be trying to please.
 - #3: Mistaking a sloppy/undisciplined lifestyle for "not worrying."
 - This just fills your life with hassles and worries!!!
 - Money doesn't buy happiness...but poverty doesn't either!
 - #4: Pretending you already have what you really don't have and then feeling secretly guilty about not having it!
 - Casting your cares takes time and effort! Don't pretend.
 - It will take faith to cast your cares but that is different from pretending. How?
- Final point: He cares for you. Back to **1 Peter 5:7.**
 - If you believe that God cares for you, that He has a mighty plan that will see you through to everlasting life, and that you are just in the middle of that plan, then casting your cares is not too difficult for you.
 - Did you know that God has a mighty plan? But what's with **Matthew 27:46**?
 - Jesus is revealing the plan! This is a quotation from Psalm 22.
- Read all of **Psalm 22** and see if you can see God's mighty plan. This was written hundreds of years before Jesus was born in a manger.
 - God has a mighty plan and He has invited you to be part of it!
- Pray for each other before you finish up!