

Small Group Notes based on Emotional Intelligence 6

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 when love grows cold.
 - Hi hopes, big dreams, naive trust can all come crashing down. Any stories?
 - Read **Matthew 24:12.**
 - Explain how that works in your own words.
 - Context of the verse is end times prophecy: **Matthew 24:8-14**
 - In the midst of trouble for the believer from outside and inside the church, how important is it to keep your love according to verse 13?
 - If your love has grown cold, is there any coming back?
 - You've been through a lot. You don't love God, you don't love people. Can your heart be healed? OH YES IT CAN!
- Overcome evil with good: **Romans 12:21.**
 - Talk about easier said than done! Is this a realistic expectation?
 - So evil comes your way...what are some reactions that aren't overcoming evil with good?
 - Are those reactions just different ways of being overcome by evil.
 - But how do you "overcome evil with good?" Ideas?
 - How did Jesus overcome evil with good? Discuss the following as time allows:
 - He prayed for Peter. Then, he reinstated Peter.
 - He said, "Father forgive them, for they know not what they do."
 - He ate at Zacchaeus' house.
 - He healed on the Sabbath.
 - He said, "Let him who is without sin cast the first stone."
 - He told Thomas, "put your hand here."
 - He asked a Samaritan woman for a drink of water.
- If your love has grown cold: love of life, love of God, love of people...does Jesus want you to have that back? YES HE DOES!!!!
 - Jesus wants you to have faith like a little child...before corruption.
 - During the prayer time ask Jesus to rekindle the love in our hearts. You can base the prayer on **John 14:12-14.**
- There's another way Jesus overcame evil with good...by going to the cross.
 - All of the evil that this world and Satan brought at Jesus he turned into the salvation of mankind.
 - And he overcame all the evil in you by being your substitute regarding the wrath of God.
 - By his power you can do the same. Read **Romans 8:28-39.**
 - This means nothing can take the love in your heart away unless you let it.
- Pray for each other before you finish up!