

## Small Group Notes based on Emotional Intelligence 8

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 **Mark 11:22-24**.
- What is Emotional Intelligence? Daniel Goleman's 5 Elements of Emotional Intelligence: Self-Awareness, Self-Regulation, Internal Motivation, Empathy, and Social Skills.
- This Week: The eye is the lamp of the body.
  - When you look out at the world, what do you see?
  - When you look at your life, what do you see?
- What you see is a big deal and there are lots of options!
  - Ex: When you see the phrase "Biblical Marriage," what do you see?
    - Have each person say what came to mind.
  - How about with: church, God, The Holy Spirit, you, love, witness, etc?
    - What you see will have a huge impact on how you live.
- Jesus is recorded as saying the eye is the lamp of the body twice:
  - **Matthew 6:20-24** in the Sermon on the Mount. What is the context?
  - **Luke 11:33-35**. What is the context?
- What is the key to being full of light instead of full of darkness?
- What affects how we see? Discuss the following and any other things you can think of:
  - Past experiences: Remember **Matthew 24:12**?
    - What are specific examples relating to this?
  - The current status of your inner man: **Titus 1:15**.
    - What are specific examples relating to this?
  - Our emotional development.
    - How would lack of development in the 5 elements of Emotional Intelligence affect how someone sees?
- How do we get better eyes?
  - Deal with the three things above, for sure.
  - Paul gives a tool for improving vision in Philippians 4. He's dealing with church people who are mad at each other and he says **Philippians 4:8**.
    - Here is where the choice comes in: what are you going to think about?
      - It's easy to spiral into darkness if you only think about dark things!
      - Apply to work, marriage, school, friends, opportunities, etc.
    - Don't go for a swim in denial. Jesus also said, **Matthew 10:16**.
- What if you could see the true, noble, right, pure, lovely, admirable, excellent and praiseworthy things in the world instead of the false, foolish, unjust, sleazy, tainted, hypocritical and messed up things?
  - How would you see your spouse? Boss? Teachers? Friends?
  - How would you see your future? Finances? Opportunities?
  - How would you see Jesus? The church? Worship? Your purpose?
  - How would you see yourself?
- When Jesus looks at you, what does he see?
  - When Jesus looks at you, what does he see past?
  - When Jesus looks at you, he sees someone worth dying for.
- Pray for each other before you finish up!