

Small Group Notes based on Emotional Intelligence 9

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 **2 Timothy 1:7**.
- What is Emotional Intelligence? Daniel Goleman's 5 Elements of Emotional Intelligence: Self-Awareness, Self-Regulation, Internal Motivation, Empathy, and Social Skills.
- This Week: A Life Worth Living.
 - What makes for a life worth living? 3 things came to mind for me (Pastor Mike):
 - Autonomy: God made you to be a specific you. Be that person!
 - Community: Be you as part of a world bigger than you! Many blessings here!
 - Eternity: To know God and walk with Him. Wow.
 - That's probably a good start...and they all rhyme...but let's ask the question from Jesus viewpoint, "What makes for a life worth living vs a waste of time?"
- I (Pastor Mike) think Jesus answers this question in the Parable of the Sower. **Luke 8:4-8**.
 - Nice thing about this parable, Jesus interprets it himself! **Luke 8:11-15**.
 - Jesus describes 4 ways of living your life. The last one is the one he clearly desires for you: **Luke 8:15**.
 - Noble and good heart. How does that tie into emotional intelligence?
 - What about the other characteristics mentioned in this verse?
 - Did you know you can produce more than what God put into you? It's true: talents, minas, created in God's image.
 - What does Jesus say to the person who lives this type of life? "Well done good and faithful servant!"
 - What about the other three? They are easy to fall into...but important to avoid! These are the 3Ds of the Parable of the sower.
 - D1: Denial! **Luke 8:12**.
 - Have you been there?
 - D2: Discouragement. **Luke 8:13**.
 - Painful tests come...and they fail and fall away.
 - There are levels of discouragement before someone finally just gives up. Have you experienced some of those levels?
 - What do you do if you are weary? **Matthew 11:28-30**.
 - Also fix your eyes on Jesus, **Hebrews 12:2-3**. This helps with the next one too!
 - Don't give up, it'll come, **Galatians 6:9**.
 - D3: Distraction! **Luke 8:14**.
 - How much fruit does this group bear?
 - If the devil can't stop you...he'll try to distract you. Has that happened to you?
 - What are things that can distract us? How about for you personally?
- So, avoid Denial, Discouragement, and Distraction. Turning these into positive concepts, what are we looking for? Faith, Courage, and Focus.
 - What ways do you need to grow in these areas?
- Pray for each other before you finish up!