

## Small Group Notes based on Emotional Intelligence 2

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.
- Christians should be world leaders in certain areas. What areas?
- Emotional health is one of those areas.
  - Emotional IQ is more important than Academic IQ for predicting success in life.
    - Why do you think that is the case? Do you disagree?
- Quick Recap of Last Week: 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**.
    - Winning the battle takes a miracle from God through the indwelling of the Holy Spirit, but we have a right to expect that miracle.
- What is Emotional Intelligence?
  - Daniel Goleman's 5 Elements of Emotional Intelligence (descriptions paraphrased by Pastor Mike):
    - Self-Awareness: the capacity to know what you are feeling and talk about it.
    - Self-Regulation: The ability to control or redirect feelings.
    - Internal Motivation: A passion for doing things that you see as worth doing, rather than for external rewards like money or recognition.
    - Empathy: The ability to understand the emotional makeup of others. Not the same as sympathy or compassion in this context.
    - Social Skills: Proficiency in managing relationships and building networks. Can find common ground and build rapport.
- This Week: How did Jesus feel? A survey of some of Jesus' recorded emotions.
  - Compassion: The progression of **Matthew 14:6-23**.
    - John the Baptist is in prison...he gets beheaded. This is very bad news for Jesus.
    - Jesus withdrew, but the crowds mobbed him anyway. How would you feel? How is Jesus recorded as feeling? **Matthew 14:13-14**
      - How didn't Jesus feel? (overwhelmed, annoyed, frustrated)
    - Finally, after lots of ministry, Jesus gets some time alone, **Matthew 14:23**.
  - Anger: Healing on the Sabbath. **Mark 3:1-6**
    - How did Jesus feel in v5?
      - Have you ever felt like that?
        - Have you ever wrongly felt like that?
      - How didn't Jesus feel? (afraid of taking a stand, intimidated, helpless, sad)
  - Sorrow: **Matthew 26:36-50**
    - Jesus knew what was coming and he was extremely sorrowful.
      - He didn't stay that way though. Ex of self-regulation, though with the help of his Father in Heaven.
    - Even after he prayed it seems like he was battling in v46. (Let's go!)
    - But by v50, there's more of a "Let's do this thing" feel.
  - Love: **John 15:13**
    - Jesus laid his life down for you because he loves you and believes in you.
    - Let go of the safe walls around your heart and open yourself up to the love of Jesus.
- Pray for each other before you finish up!