

Small Group Notes based on Emotional Intelligence 7

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: In your anger do not sin.
 - Have you ever done something in the heat of emotion that you wish you could take back?
 - Read **Ephesians 4:26-27**. This is a quotation from **Psalm 4:4**.
 - 3 Lessons from **Ephesians 4:26-27**:
 - Anger is not an excuse to sin. You don't get a pass 'cause you were mad.
 - Deal with it. "Don't let the sun go down" means deal with it as soon as you can.
 - What are some reasons people wouldn't want to deal with these issues?
 - "Foot hold." Repeated yielding to emotion creates a habit that Satan can exploit.
 - Have you seen this type of thing happen?
- Case Study: Cain. **Genesis 4:1-9**
 - What emotions did Cain feel? Anger, jealousy, humiliation.
 - Cain knew he wasn't doing his best. He got called out and humiliated. Cain focused that into hate for Able.
 - The turning point is **Genesis 4:7**. What could Cain have done instead of kill Abel?
 - Have you ever been mad at the wrong person?
- Characteristics of Emotional Thinking. (Think ditches!) Discuss the following:
 - Over Generalization: I never get any breaks. I always mess that up.
 - Lose of temporal perspective: A: Don't realize tomorrow is another day and things will change. B: Also, lose sight of consequences.
 - Polarized thinking: They are completely evil!!! She is absolutely perfect!!!
- Cain was mad at Able...who else was he mad at? God.
 - Note: Every time you are mad at God, you are the one in the wrong. God can handle it...but...
 - In your anger do not sin against God.
 - 3 Lessons from Job. Discuss the following:
 - 1: God is good and the Devil is bad.
 - Don't let the Devil's cruelty drive you away from God. God is your helper!!!
 - 2: Even if you are innocent Satan can gain access to your life.
 - So, learn how to defend yourself.
 - 3: When going through hardships, don't insult the character of God.
 - God is good all the time...not just when you are happy.
- Last idea before we pray: (God's discipline) **Hebrews 12: 4-7 and 11**.
 - Have you had pruning experience? How did you respond? How should you respond?
- **Psalm 4:4** "In your anger do not sin."
 - So, what do you do then if not sin? Search, learn, and grow.
- Pray for each other before you finish up!