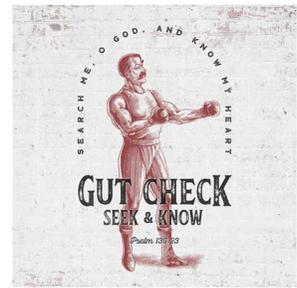


My Emotional Intelligence

With so much going on around us, we can't lose track of what's going on within us. A **"gut check"** is a pause to assess the state, progress, or condition of something. Let's assess the different facets of our relationship with God, and check if we've got what it takes.



INTRODUCTION

Emotions. We experience a range of them on a daily and even hourly basis. Our emotions are immensely powerful in our lives, but sometimes they can lead us all over the place like a yo-yo. Our emotions are a vital part of who we are. They are meant to be a gauge – not a guide.

STARTER QUESTION

Do you feel like your emotions are a gift from God or do you ever feel like your emotions are getting out of hand? Do you wonder why we experience negative emotions? Have you experienced times in your life – perhaps even now – when you felt like you were on an emotional roller coaster?

INTO THE WORD

David shared a visual of the way we process through emotions. He illustrated the highs and lows we all face when dealing with challenges in our lives. When we are feeling “low” emotionally, Psalm 139 can help us. Additionally, how can Romans 12:1-2 and Psalm 26:1-2 help us during these trying and even testing times in our lives?

Take a close look at I Peter 5:6-9. What are the steps God wants us to follow when we feel anxious? What does it mean to humble ourselves? What are practical ways to be sober and vigilant? Are there ways the enemy has tried to devour you lately? We can have hope in knowing we are all standing against him together.

We learned a lot today about emotional intelligence. God wants us to be aware of and to guard our emotions. Read Psalm 34:18 and Matthew 16:33. How do these verses help you? Are there other verses that reassure you that God not only understands your emotions but also wants to help you with them?

APPLICATION

The sermon began today with “pet peeves.” What are your pet peeves? Think about pet peeves that may be impacting you especially during this pandemic. The difference between legitimate and illegitimate emotions lies in whether your beliefs are godly or ungodly, respectively. Give an example of each type of belief and how you have seen this affect yourself and/or others around you.

David said that emotions are a gift from God, as a skilled artist with color, creativity, and poetry. We ALL have gifts, and those gifts are different for each of us. Think about an area of your life in which you are gifted...and how that gift strikes positive emotions within you and touches lives around you. How does God want to use your gifts, especially during this time?

Even as Christians, our emotional reactions to situations can be measured by our personal beliefs about God. How do current events outside the church rate on that emotional gauge? How does being “salt and light” apply? What are some ways we can perform a “gut check” on ourselves this week?

PRAYER

Lord, we acknowledge that we experience a range of emotions. Sometimes our emotions hurt us, and sometimes they empower us. Help us to daily cast our cares on You, trusting You to help us with our responses because we know that You care for us affectionately. Help us always know that you are with us and you never leave us or forsake us. In Jesus' name, amen.