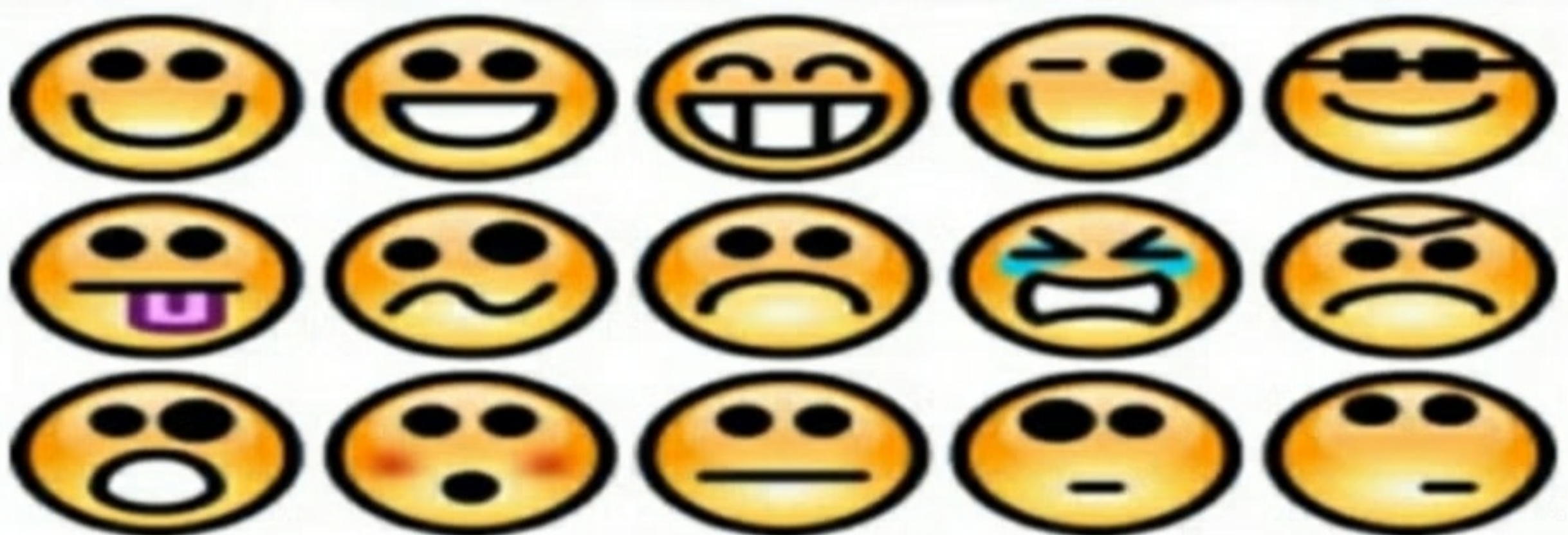


# MESSAGE NOTES



## *EMOTIONAL HEALTH, EMOTIONAL INTELLIGENCE & BIBLICAL WISDOM*



Sunday • May 15th, 2022 • 10:00AM

Message Title: "Staying Determined,  
Honest & Self-Aware"

Bonus: Breaking Free of Jealousy

Series: "Emotional Health, Emotional  
Intelligence & Biblical Wisdom"



● **Intro/Recap)** SCIENCE has PROVEN  
the Importance & Necessity of the  
HEART/HEAD BALANCE

"Keep your heart with all diligence, For  
out of it spring the issues of life."

Proverbs 4:23

23 Search me, God, and know my heart;  
test me and know my anxious thoughts.

24 See if there is any offensive way in  
me, and lead me in the way everlasting

Psalm 139:23-24 (NIV)

## The Heart-Brain Connection





●#1) Personal Strength & Emotional Health are built on the foundation of INTEGRITY, TRANSPARENCY & HONESTY.

"The Lord detests lying lips,  
but he delights in people who are  
trustworthy." Proverbs 12:2

"Better is a poor person who walks in his  
integrity than one who is crooked in  
speech and is a fool." Proverbs 19:1

"Therefore each of you must put off  
falsehood and speak truthfully to your  
neighbor, for we are all members of one  
body." Ephesians 4:25 NIV

'For, "Whoever would love life and see  
good days must keep their tongue from  
evil and their lips from deceitful speech"  
1 Peter 3:10 NIV



## ●#2) DETERMINATION &

STEDFASTNESS is one of the greatest factors to Success, Personally, in Emotional Health & in GOD's Kingdom.

"Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord"

**1 Cor 15:58**

5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally ... and it shall be given him. 6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

**James 1:5-8**

He also spoke a parable to them that they must always pray, and not give up

**Luke 18:1**



●#3) To break free from the negative Emotions of **Envy & Jealousy** we must **NOT** compare ourselves to others & know we have a **HOPE-FILLED FUTURE**

"For where envy and self-seeking *exist*, confusion and every evil thing *are* there." **James 3:16**

"Do not covet your neighbor's house. Do not covet your neighbor's wife, his male or female slave, his ox or donkey, or anything that belongs to your neighbor." **Exodus 20:17**

"Do not let your heart envy sinners, but always be zealous for the fear of the LORD. There is surely a future hope for you, and your hope will not be cut off." **Proverbs 23:17-18**

"But if you have bitter envy and selfish ambition in your heart, don't brag and deny the truth. Such wisdom does not come from above but is earthly, unspiritual, demonic. For where envy and selfish ambition exist, there is disorder and every kind of evil." **James 3:14-16**

Let each one examine his own work. Then he can take pride in himself and not compare himself with someone else. **Galatians 6:4**

"For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope" **Jer 29:11**



●#4) The First Step to Emotional Intelligence is SELF AWARENESS of our INTERNAL STATE & MOOD

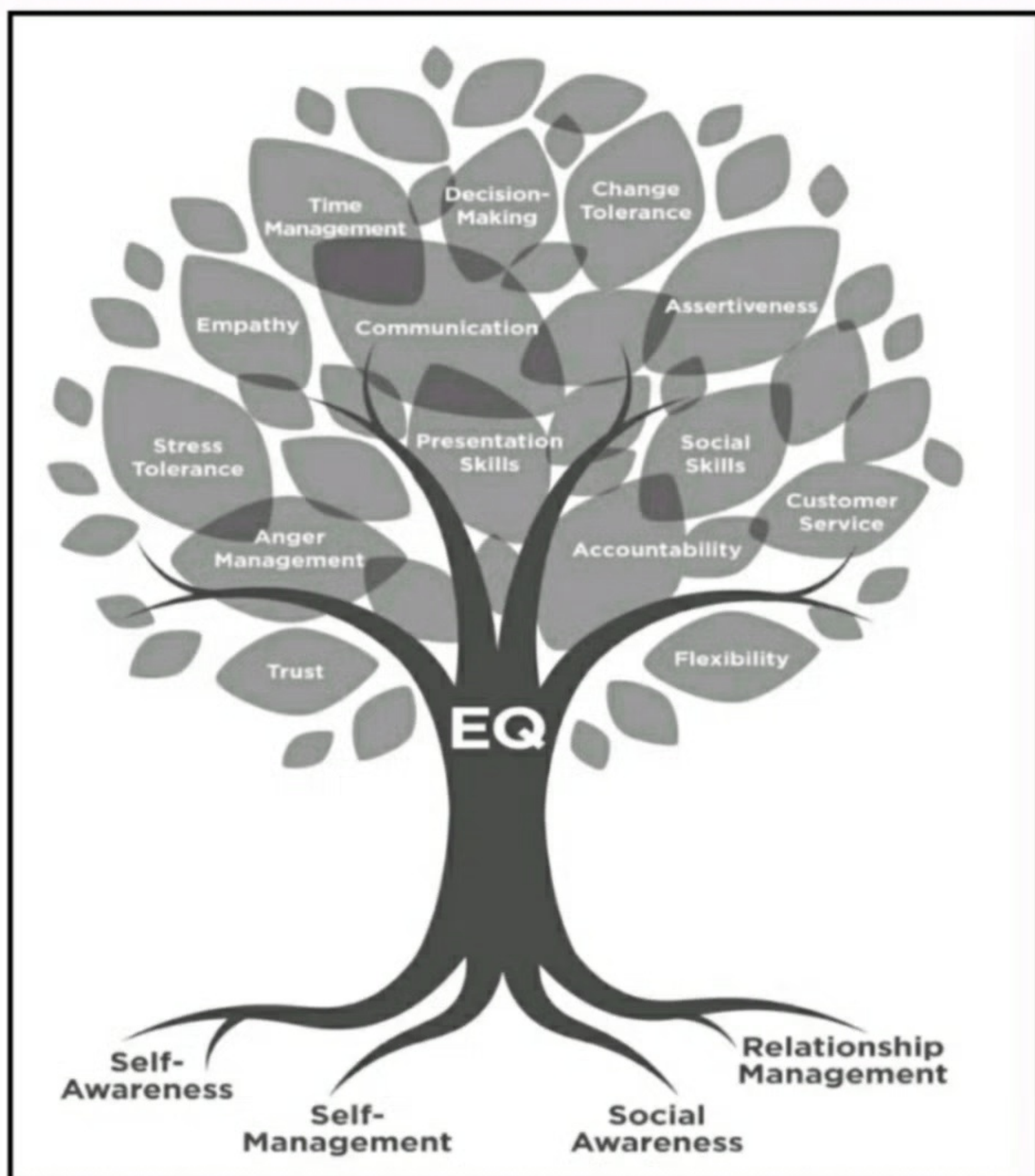
"A fool vents all his feelings, But a wise man holds them back" **Proverbs 29:11**

"Whoever is patient has great understanding, but one who is quick-tempered displays folly." **Proverbs 14:29**

"Through patience a ruler can be persuaded, and a gentle tongue can break a bone" **Proverbs 25:15**

"Without wood a fire goes out; without a gossip a quarrel dies down." **Proverbs 26:20**





## How to use the Emotion Wheel

The emotion wheel is a tool that enables people to describe and verbalize their emotions, as well as understand the relationship between and intensity of their feelings. The ability to articulate and identify emotions is an important component of emotional intelligence.

People can use the wheel to identify their emotions and come to terms with how they are feeling, make informed decisions, seek resolution, gain closure, and, ultimately, become more self-aware and self-compassionate.



