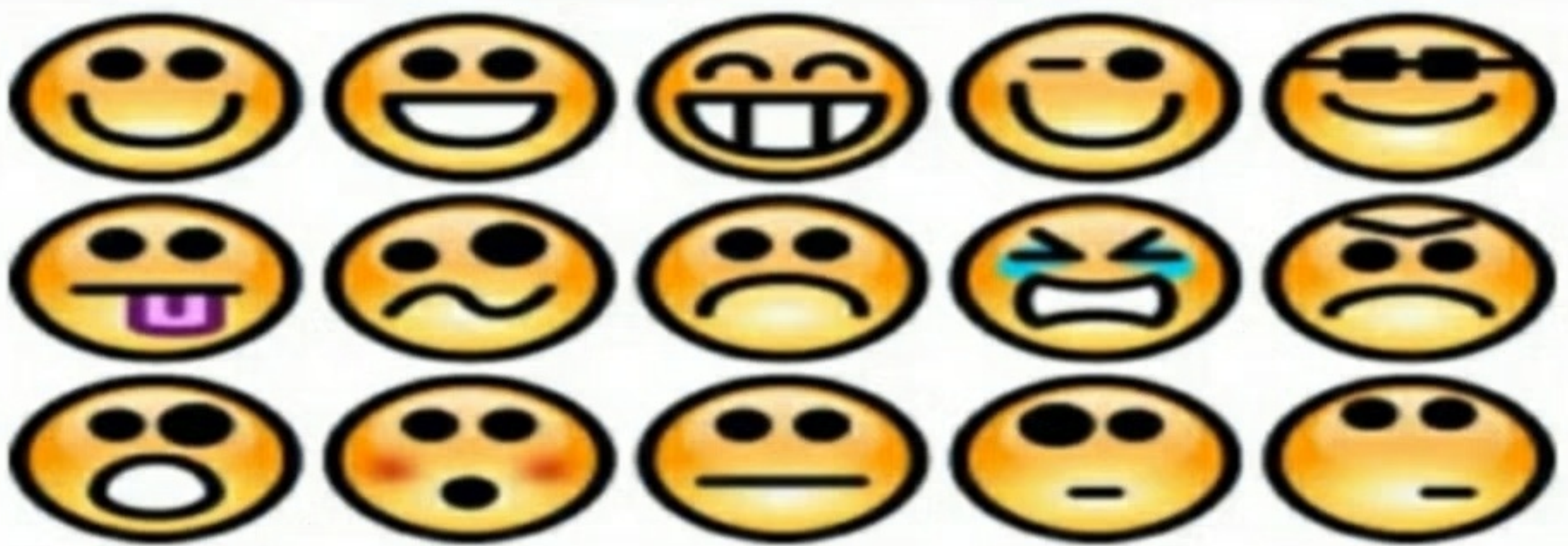


MESSAGE NOTES



EMOTIONAL HEALTH, EMOTIONAL INTELLIGENCE & BIBLICAL WISDOM



Sunday • Jun 5th, 2022 • 10:00AM

Message Title: "STAYING HUMBLE,
BALANCED & INSPIRED"

Bonus: Breaking Free of Arrogance

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

●#1) A key Principle to Emotional Health is to CONSISTENTLY *walk in* GRATEFULNESS & THANKFULNESS .

1 Thessalonians 5:16-18

“Be joyful always; pray continually; give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

Psalms 136:1

“Give thanks to the Lord, for he is good. His love endures forever.”

●#2) Another Important Principle to Emotional Health & Biblical Wisdom is to *walk in* HUMILITY & free from ARROGANCE & NEGATIVE PRIDE.

James 4:10

"Humble yourselves before the Lord, and he will lift you up"

Proverbs 16:5 ESV

Everyone who is arrogant in heart is an abomination to the Lord; be assured, he will not go unpunished.

James 4:6 ESV

But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble."

Proverbs 11:2

"When pride comes, then comes disgrace, but with humility comes wisdom."

Proverbs 18:12

"Before his downfall a man's heart is proud, but humility comes before honour."

Proverbs 8:13

"To fear the LORD is to hate evil; I hate pride and arrogance, evil behaviour and perverse speech."

Proverbs 27:2

"Let another praise you, and not your own mouth; a stranger, and not your own lips."

Philippians 2:3

Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.

Proverbs 12:15 ESV

The way of a fool is right in his own eyes, but a wise man listens to advice.

●#3) Both the Bible & Good Emotional Health encourages us to keep a **BALANCED & HARMONIZED** in our Body, Mind & Soul; avoiding errant **EXTREMES**.

Ecclesiastes 3:1

There is a time for everything, and a season for every activity under the heavens:

Ecclesiastes 7:16

Do not be excessively righteous and do not be overly wise. Why should you ruin yourself?

2 Peter 3:17

"You therefore, beloved, knowing this beforehand, be on your guard so that you are not carried away by the error of unprincipled men and fall from your own steadfastness"

Ephesians 5:15

"Therefore be careful how you walk, not as unwise men but as wise"

Matthew 23:23

"Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former."

Luke 10:40-42 NIV

40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

●#4) For People of Faith our MOTIVATION, INSPIRATION & MOTIVES should be the LOVE OF GOD, LOVE OF OTHERS & GOD'S GLORY

Philippians 3:14

"I press on toward the goal for the prize of the upward call of God in Christ Jesus"

Psalms 27:4

"One thing I have asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple"

Matthew 6:33

"But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well"

Matthew 22:37-39

37 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.'

1 Corinthians 10:31

31 So whether you eat or drink or whatever you do, do it all for the glory of God.

EMOTIONAL INTELLIGENCE QUIZ

1. You are able to identify what you are feeling most of the time and use extensive vocabulary to label it. You do not just say you are fine or not fine. Rather, you can clearly tell when you are feeling frustrated, disappointed, angry, overwhelmed, sad and so on. TRUE/FALSE
2. You have never thought of yourself as self-absorbed, selfish or self-serving to the point where you do not care about what is going on around you. You are naturally curious to find out more about the people around you. Even if you are on the introverted side, you are happy to just observe to learn more about the people you meet in your everyday life. TRUE/FALSE
3. You adapt easily to change. You are flexible in your thinking and you believe that change is as good as rest. You consider a change to be one of the more exciting things about life. TRUE/FALSE
4. You are well aware of what your strengths are and can also clearly articulate your weakness. You know the people you get along with and the people who tend to grate on your nerves. TRUE/FALSE
5. You are not easily fooled by people. You can easily judge a person's character even when they are trying to pass themselves off as something else. When it comes to people, very few things catch you by surprise. TRUE/FALSE
6. You consider yourself to have a pretty thick skin. You do not walk around looking for things to be offended about. You are able to appreciate self-deprecating humor and do not mind being the butt of a joke unless it crosses respectable boundaries. TRUE/FALSE

7. You learn from your mistakes without wallowing in them. You know that it is human to make mistakes from time to time. You see failure as an opportunity to learn and not as an indication of your self-worth. TRUE/FALSE
8. You forgive those who have wronged you because you understand that it is the right thing to do for yourself. Grudges have no place in your life and you move on easily from other people's transgressions against you. TRUE/FALSE
9. Whenever you have to interact with a toxic person, you know how to handle them in a way that doesn't drain you emotionally. You try as much as possible to see things from the toxic person's perspective, however difficult this might be. You know how to protect your energy while handling toxic persons. TRUE/FALSE
10. You do not pursue perfection because you understand that it is just a concept that exists in people's minds and not in reality. You do not demand perfection from yourself or your loved ones or even the people you work with. You simply want to be able to say that you did your best under the circumstances that you were in. TRUE/FALSE
11. You know when you need to take a break from the stresses of everyday life, and you do so unapologetically. You have never felt obliged to be available to everyone and everything 24/7. You can switch off and unwind easily because you know it is important for your overall health as a physical, mental and emotional being. TRUE/FALSE
12. You are cautious about what you allow inside your body. You know that what you eat has a significant role in how you feel and know better than to allow toxic stuff into your system. You watch what you eat without being obsessive about it. TRUE/FALSE.

13. You consider sleep to be a priority. You do not stay up all night doing things that can be postponed to tomorrow. You know that sleep is an important part of your life because it allows your brain to rest and recharge. You tend to sleep at the same time every night. TRUE/FALSE.
14. You speak kindly to yourself. Negative self-talk has no place in your life. You do not allow yourself to be harsh or judgmental toward yourself. You forgive yourself for your mistakes and look for ways to improve yourself instead of beating yourself up for every flaw that you might have. TRUE/FALSE
15. You are confident in who you are and do not look to others for validation. You are proud of your accomplishments and know how to celebrate your wins, big and small. You do not lose your sleep over other people's opinions because you know the opinion that truly matters is what you think about yourself. You do not allow anyone to come into your life to steal away your joy. TRUE/FALSE

Questions that you have answered TRUE to	EQ Rating	What this means
15	Very High EQ	You are in tune with your emotions, are grounded in your identity as an individual, and highly motivated to be true to yourself. You respect other people and their emotions without allowing them to take over your life. You are probably fun to be around because you are emotionally mature and can handle a joke or two. Your friends and colleagues actually do like you more than you think. Not that this matters to you anyway. Popular or not, you're content in who you are and would not change, only improve.
10-14	High EQ	You know who you are and you know how to read others. You are empathetic toward other people but you also do not allow them to steal your energy. You appreciate the importance of being emotionally intelligent and will always bite your tongue before you can lash out at anyone. You like yourself and can clearly articulate what your goals, dreams, and achievements are. You have opinions about things but you also accommodate differing opinions without getting worked up.
5-9	Average EQ	You get along with most people and you like yourself on most days. However, you still struggle with a lot of things regarding yourself and your emotions, and other people. You have good days when you seem to do and say the right things and bad days when your foot is constantly in your mouth. Sometimes you are too hard on yourself and you have moments when you wish you could go back in time and fix the mistakes you have made. You take too long to forgive yourself and others and you have some bad blood that you are still holding onto. You wish you could be a better person; you just do not know how. (Hopefully, this book has answered how.)

0-4	Low EQ	<p>If your life was made into a television show, it would be a bad sitcom that would get canceled after one season. You do not have a clear view of who you are. You seem to offend everyone everywhere you go. You feel lousy about yourself and your life constantly. You struggle to get up for work every morning. Your colleagues do not seem to like you very much and your boss is probably considering firing you. You struggle with dating and if you are in a relationship or married then you cannot seem to stop your partner from arguing with you. You yell when you get angry and you've even thrown a few items in the heat of the moment. The emotions in your life show up in their extreme forms. You are never just happy or relaxed. You are more likely to be extremely angry/agitated/frustrated than just moderately feeling those emotions. There are opportunity and hope for you to become more emotionally intelligent but it calls for you to work really hard at resolving all the issues that you currently have.</p>
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