
LIFE

SEMINAR

“I have come that they may have life and that they may have it more abundantly.” John 10:10

Learning to control our emotions will give us one of the greatest advantages to living a happy and content life. For many, anxiety and depression have been their greatest challenge in life. Please know that part of God’s healing for us might very well include professional help: therapy, a counselor, a physician, or some medication. If this is the case, we are not second-class citizens. God offers each of us healing and sometimes that comes through professional help.

These five abilities comprise our emotional intelligence:

1. _____ our emotions.
2. _____ our emotions.
3. _____ emotions in others.
4. Managing _____ with others.
5. _____ ourselves to achieve our goals.

Our emotional turmoil is primarily caused by two things:

1. _____
2. _____

The ABCs of our emotions:

A stands for - _____

B Stands for - _____

C Stands for - _____

What are the most common irrational beliefs that people struggle with?

1. _____
2. _____
3. _____
4. _____
5. _____

Life Group

1. Which of the irrational beliefs (all or nothing, overgeneralizing, mental filters, mind-reading or fortunetelling) do you struggle with the most?
2. What are some of the things that you can do to help experience more rational beliefs?
3. Read Joshua 1:9 and ask yourself how this verse can be used to counter irrational beliefs.

Homework

Write down some of the negative and destructive behaviors/feelings that happen to you. What are the situations that normally triggers these behaviors/feelings? For most people, there are patterns in their life that trigger these behaviors/feelings. Come up with a solution for each destructive negative behavior/feeling. For example, if you are feeling depressed, what changes do you need to make in your life to help you feel better?

Notes and Action Points