

# Act Like Your Feelings Are Important

Raising Your Emotional IQ  
Part 3 of 8

## THE HEART IS AS IMPORTANT AS THE ACTION

**“You have heard that it was said to the people long ago, ‘Do not murder... but I tell you that anyone who is angry with his brother will be subject to judgment.’”**

Matthew 5:21-22

## HOW TO ACT LIKE YOUR FEELINGS ARE IMPORTANT:

1. Give your heart \_\_\_\_\_.

**“First go and be reconciled to your brother; then come and offer your gift.”**

Matthew 5:24

2. Take your heart \_\_\_\_\_.

**“If your right hand causes you to sin; cut it off and throw it away.”**

Matthew 5:30

3. Treat your heart \_\_\_\_\_.

• Be \_\_\_\_\_.

**“Love is patient...”**

1 Cor. 13:4 (NIV)

**“With all humility and gentleness, with patience, bearing with one another in love.”**

Ephesians 4:2 (ESV)

• Be \_\_\_\_\_.

**“... love is kind ...”**

1 Cor. 13:4

**“Be kind to each other, sympathetic, forgiving each other as God has forgiven you through Christ.”**

Ephesians 4:2 (God’s Word)

• Don’t be \_\_\_\_\_.

**“It does not envy, it does not boast, it is not proud.”**

1 Cor. 13:4

• Don’t be \_\_\_\_\_.

**“It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.”**

1 Cor. 13:5

• Don’t \_\_\_\_\_.

**“It always protects, always trusts, always hopes, always perseveres.”**

1 Cor. 13:7

**“And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don’t get discouraged and give up.”**

Galatians 6:9 (Living Bible)

## A NEW commandment:

Jesus: **“This is My commandment: that you love each other as much as I love you.”**

John 15:12 (TLB)

**“My Father, if there is any way, get me out of this. But please, not what I want. You, what do you want?”**

Matthew 26:39 (Message)

**“Father, forgive them. They don’t know what they’re doing.”**

Luke 23:34 (Good News)

**“We love because He first loved us.”**

1 John 4:1