

# CONTROLLING MY REACTIONS

Emotional Intelligence

Part 4 of 8

Sharon Meade Nov. 17/18 2007

*"...the Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control..."*

Gal. 5:22-23a NIV

*"Blessed (Happy) are the meek, for they will inherit the earth."*

Matthew 5:5 NIV

## Clearing up the confusion

What meekness is NOT: \_\_\_\_\_

What meekness IS: \_\_\_\_\_

## When do I need to control my reactions?

1) When someone serves you ...

Be \_\_\_\_\_, not \_\_\_\_\_.

*"Don't just think about your own affairs, but be interested in others too, and in what they are doing. Your attitude should be the same as Jesus Christ's."*

Phil. 2:4-5 (GN)

2) When someone disappoints you ...

Be \_\_\_\_\_, not \_\_\_\_\_.

*"Accept him whose faith is weak, without passing judgment on disputable matters."*

Rom 14:1

*"If a person is trapped in some sin, you who are spiritual should re-store him gently. But watch yourself, or you also may be tempted. Carry each other's burdens."*

Gal. 6:1-2

3) When someone disagrees with you ...

Be \_\_\_\_\_, without \_\_\_\_\_.

*"A gentle answer quiets anger but a harsh word stirs it up."*

Prov. 15:1 (GN)

*"Wherever there is jealousy or selfish ambition, there will be disorder ... But wisdom from above is pure, powerful, gentle, and friendly."*

James 3:16-17 (GN)

4) When someone corrects you ...

Be \_\_\_\_\_, not \_\_\_\_\_.

*"Let everyone be quick to listen, but slow to use his tongue, and slow to lose his temper."*

James 1:19 (Ph)

*"Counsel in the heart of man is like a deep well; but the man of understanding will draw it out."*

Proverbs 20:5

5) When someone hurts you ...

Be \_\_\_\_\_, not \_\_\_\_\_.

*"Do not repay evil for evil ... overcome evil with good."*

Rom 12:17, 21

*"He who is slow to anger is better than the mighty, and he who rules his own spirit, than he who captures a city."*

Prov. 16:32

*"God's Spirit does not make us timid, instead his Spirit fills us with power, love, and self-control."*

2 Tim. 1:7