



God and Emotional Intelligence

The Psalms are the best scriptures to go through to connect to God and [tune up your emotions](#).

Psalm 1 בִּשְׁמֵרָה = ‘esher (ashery) Blessed = [happy](#), [joyful](#).

Peter Salovey John Meyer defined emotional intelligence as five key emotional competencies: [Knowing](#) one’s emotions, [managing](#) emotions, [motivating](#) oneself, [recognizing](#) emotions in others and handling [relationships](#).

The Eight Core Emotions –

[Anger](#):

[Sadness](#):

[Fear](#):

[Enjoyment](#):

[Love](#):

[Surprise](#):

[Disgust](#):

[Shame](#):

Psalm 2

Psalm 2:1-3 This is like the E. I. of [secular people](#).

Psalm 2:4-6 This is like the E. I. of [God](#).

Psalm 2:7-10. Notice the language of [family](#)

Psalm 2:10-12. A [choice](#) is offered

Make no mistake, there IS coming a day of [reckoning](#).

Revelation 5:5-6

One of the ways to learn how to deal with the emotions you have is to read, study, meditate and [PRAY](#) through the psalms.

Homework: Read through this psalm once a day this week and pray for God to intervein in whatever bit of bad news or bad circumstance is giving you grief that day or this week.

⇒ I’m [praying Psalm 2](#) for victory this week.

Next Week: Building Emotional Security Psalms

January's Memory Verse: *The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. Prov.1:7*

Sunday 1/8- Read Proverbs 8

Question: *Does not wisdom call out? Does not understanding raise her voice? Vs. 1*

Truth: *I love those who love me,
and those who seek me find me. Vs. 17*

Meditate: Proverb 8:35- *For those who find me find life and receive favor from the Lord.*

Prayer: Lord I seek your wisdom and guidance so I might live in your love and favor

Action: *Choose my instruction instead of silver,
knowledge rather than choice gold, Vs. 10*

Monday 1/9- Read Proverb 9

Question: What is true wisdom and understanding?

Truth: *The fear of the Lord is the beginning of wisdom,
and knowledge of the Holy One is understanding. Vs. 10*

Meditate: Proverbs 9:9- *Instruct the wise and they will be wiser still;
teach the righteous and they will add to their learning.*

Prayer: Lord, you are the source of knowledge and wisdom so knowing you is true wisdom and knowledge.

Action: *For through wisdom your days will be many,
and years will be added to your life. Vs.11*

Tuesday 1/10- Read Proverbs 10

What to do: *Lazy hands make for poverty,
but diligent hands bring wealth. Vs 4*

Result: *Whoever walks in integrity walks securely,
but whoever takes crooked paths will be found out. Vs. 9*

Meditate: Proverbs 10:16- ***The wages of the righteous is life,
but the earnings of the wicked are sin and death.***

Prayer: Lord God, thank you that you give life to everyone who trusts in Jesus.

Action: *Ill-gotten treasures have no lasting value,
but righteousness delivers from death. Vs. 2*

Wednesday 1/11- Read Proverbs 11

Truth: *One person gives freely, yet gains even more;
another withholds unduly, but comes to poverty. Vs. 24*

Meditate: Proverbs 11:25 - ***A generous person will prosper;
whoever refreshes others will be refreshed.***

Prayer: Father God, you have been generous to me, may I learn to be generous with others.

Action: *The fruit of the righteous is a tree of life,
and the one who is wise saves lives. Vs. 30*

Thursday 1/12- Read Proverbs 12

Truth: *Whoever loves discipline loves knowledge,
but whoever hates correction is stupid. Vs. 1*

Meditate: Proverbs 12:10- *The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel.*

Prayer: Father, may the work of my hands produce many blessings.

Action: *Those who work their land will have abundant food,
but those who chase fantasies have no sense. Vs. 11*

Friday 1/13- Read Proverbs 13

Truth: *Those who guard their lips preserve their lives,
but those who speak rashly will come to ruin.*

Meditate: Prov. 13:12 *Hope deferred makes the heart sick,
but a longing fulfilled is a tree of life.*

Prayer: Father God, teach me, correct me and rebuke me so that I might learn to walk in righteousness.

Action: *Dishonest money dwindles away,
but whoever gathers money little by little makes it grow. Vs. 11*

Saturday 1/14- Read Proverbs 14

Truth: *All hard work brings a profit,
but mere talk leads only to poverty.*

Meditate: Proverbs 14:26- *Whoever fears the Lord has a secure fortress, and for their children it will be a refuge.*

Prayer: Father God, may my trust in you bring hope and peace to my family and friends.

Action: Love God and Love others.