



Increase Your EQ  
May 7, 2022

# Getting to know you questions

Let's talk about our emotions

- 1) What is one thing that always makes you happy?
- 2) What is one thing that often makes you angry or upset?
- 3) What movie made you cry?
- 4) Describe your "happy place," where you would most likely choose to go for peace, quiet, and contentment.



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## Digging Deeper

- 1) Read Matthew 22:34-40. When Jesus said the greatest commandment is to love God, he was referring to the great passage from Deuteronomy. Read Deuteronomy 6:4-7. What specific actions are we instructed to take to help us love God with our heart, mind, soul, and strength?
- 2) Paul says our love must be sincere. Why do you think it can be so difficult to practice “sincere love?”
- 3) One way to increase your EQ is to cling to good. Read Philippians 4:8-9. What words does Paul use to describe that which is good? How does thinking about such things help us?
- 4) Be a people lifter by honoring others over yourself. What do you think Paul means by this? What does it look like to honor others over yourself?
- 5) Paul encourages us to share with those in need and practice hospitality. How have you been blessed by either doing these things or receiving these things?



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## Application

- 1) Take some time to use Romans 12:9-13 as a mirror. Hold it up to yourself and evaluate your EQ. How are you doing in your relationships? What are your strong points. What are your “less strong” points?
- 2) Here’s a hard one - Is there a relationship in your life that needs work? What are some specific action steps you are going to take to strengthen that relationship and help move it towards health?
- 3) Glue yourself to good. What is one “good thing” you want to put into practice in your life this week?
- 4) Be a people lifter! Identify one person that you’re going to lift up this week. How are you going to do it? Be specific.