

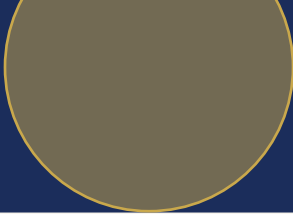
CHRISTAINS AND EMOTIONAL INTELLIGENCE

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INTRODUCTION

Emotional intelligence (EI or EQ) is the ability to manage both your own emotions and understand the emotion of people around you. It enables you to communicate effectively, empathize with others, overcome challenges and diffuse conflicts.

INTRODUCTION



It is a concept made popular by author and psychologist, Daniel Coleman.

It acts as the bridge between your thought and feeling, helping you navigate complex social situation clearly and resolve conflict.

It is a soft skill for relating with other people.

THE 5 CORE COMPONENTS OF EI

The five key pillars or components of Emotional Intelligence are:

Self Awareness

The ability to recognize your own emotions, understand your triggers or motivation and how your mood affect the people around you.

THE 5 CORE COMPONENTS OF EI

The five key pillars or components of Emotional Intelligence are:

Self Regulation

The capacity to control or redirect disruptive impulses and adapt to changing circumstances rather than acting rashly.

THE 5 CORE COMPONENTS OF EI

The five key pillars or components of Emotional Intelligence are:

Internal Motivation

A drive to achieve goals for personal satisfaction and growth rather than just for external rewards or recognition.

THE 5 CORE COMPONENTS OF EI

The five key pillars or components of Emotional Intelligence are:

Empathy

The skill of understanding the emotional makeup and perspective of other people allowing you to treat them according to their emotional reaction.

THE 5 CORE COMPONENTS OF EI

The five key pillars or components of Emotional Intelligence are:

Social Skill

The ability to manage relationships, build rapport, inspire others and navigate social networks in a positive direction.

WHY IS EI IMPORTANT?

Why does it matter?

1

Unlike traditional intelligence (IQ) which measures intellectual ability, Emotional Intelligence directly influences how we handle everyday pressures and interactions.

2

3

WHY IS EI IMPORTANT?

Why does it matter?

2

While your IQ helps you secure appointments or positions, high emotional intelligence is linked to personal and professional success. EI keeps you in the appointment or position.

2

3

WHY IS EI IMPORTANT?

Why does it matter?

3

It determines how well you collaborate in teams, handle workplace stress, and lead others. It is also linked to better mental health and stronger personal relationship.

2

3

THE KEY CHARACTERISTICS OF HIGH EMOTIONAL INTELLIGENCE

You can tell someone has high EQ if they:

Pause before reacting

They allow themselves a moment to think rather than making impulsive, emotion driven decisions.

THE KEY CHARACTERISTICS OF HIGH EMOTIONAL INTELLIGENCE

You can tell someone has high EQ if they:

Listen actively

They pay attention to both verbal cues and body language.

THE KEY CHARACTERISTICS OF HIGH EMOTIONAL INTELLIGENCE

You can tell someone has high EQ if they:

Accept responsibility

They are quick to apologize and view criticism as an opportunity to learn.

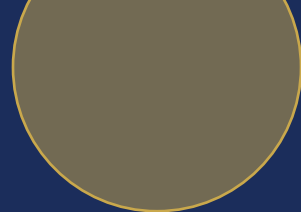
THE KEY CHARACTERISTICS OF HIGH EMOTIONAL INTELLIGENCE

You can tell someone has high EQ if they:

Practice empathy

They frequently consider the perspectives and feelings of others.

HOW CAN WE BUILD EI



Emotional Intelligence is a set of flexible, behavioural skills rather than a fixed characteristics or traits. It can be developed over time.

We can do this by:

1

Practicing active listening.

2

Accepting constructive feedbacks.

3

Pausing before reacting to emotionally charged situations.

4

Actively reflecting on our actions.

CHRISTAINS AND EMOTIONAL INTELLIGENCE

How does the 5 core attributes or components apply to Christians.

For Christians, emotional intelligence is discipleship. Following Christ and being Christlike. It is the practice of self awareness, empathy, and self regulation to understand and manage personal emotions, discern how others feel, and respond to people in a way that reflects Christlike love and wisdom.

The Bible calls Emotional Intelligence "ruling ones spirit"

Self Awareness: The book of Proverb highlights the important of knowing one's heart - 'He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city' (Proverb 16:32).

CHRISTAINS AND EMOTIONAL INTELLIGENCE

Empathy: Paul commands believers to bear one another's burden (Galatians 6:2) and to 'Rejoice with those who rejoice and weep with those who weep' (Romans 12:15).

Self Regulation: The fruit of the Spirit explicitly includes patience, gentleness, and self control (Galatians 5:22-23) which empower believers to be 'quick to listen, slow to speak and slow to anger'.

Internal Motivation and Social Skills: (James 1:19) Jesus as the Ultimate example perfectly modelled emotional intelligence in His earthly ministry. He possessed a deep capacity to identify, process, and leverage emotions for kingdom purposes: Grief – He wept with Mary and Martha at Lazarus's tomb (John 11). Compassion – He was moved by the distress of the crowds (Matthew 9:36). Righteous anger – He overturned the tables in the temple (John 2:13-16). Grace – He went home with Zacchaeus (Luke 19). Humility – He taught us not to do acts of kindness for human applause (Matthew 6:1-4).

HOW IS EQ DEVELOPED

Developing emotional intelligence from a Christian worldview involves aligning your heart with God's word.

1 Pray for Discernment

Follow David's prayer in Psalm 139:23 'Search me, O God, and know my heart' to uncover hidden emotional blind spots.

2 Lean into the Holy Spirit

Instead of reacting out of the flesh, rely on the Holy Spirit to cultivate the patience and self-control needed during high-stress situations.

3 Reflect on the Gospel

Considering how much grace God has shown you can fuel your empathy and grace towards others especially when navigating difficult relationship.

4 Seek Wise Counsel

Trusted mentors, pastoral guidance, or Christian counselling can help you process past emotional wounds and grow in your ability to relate to others.

CONCLUSION

The whole essence of Christian Emotional Intelligence is Christlikeness.

The person who behaves like Christ has high Christian Emotional Intelligence.

- The One who did not leave His mother in shame and disgrace after she had boasted about His ability to perform miracles. (John 2:3-9).
- The One who validated a corrupt Tax Collector by going to his house to eat. (Luke 19:1-10).
- The One who did not condemn a serial adulterer at the well at Sychar but turned her to an Evangelist. (John 4:5-24).
- The One who recommissioned a disciple that denied Him and made him the leader of the Apostles. (John 22:15-19).
- The One who humbled Himself and washed His disciples feet. (John 13:4-16).

If you have a mind like that then you have a high Emotional Intelligence. (Phil 2:5-11).



THANK YOU

AND

GOD BLESS YOU