

## RCCG YAYA Sunday School Youth 5 May 2024 Student Manual Lesson 36

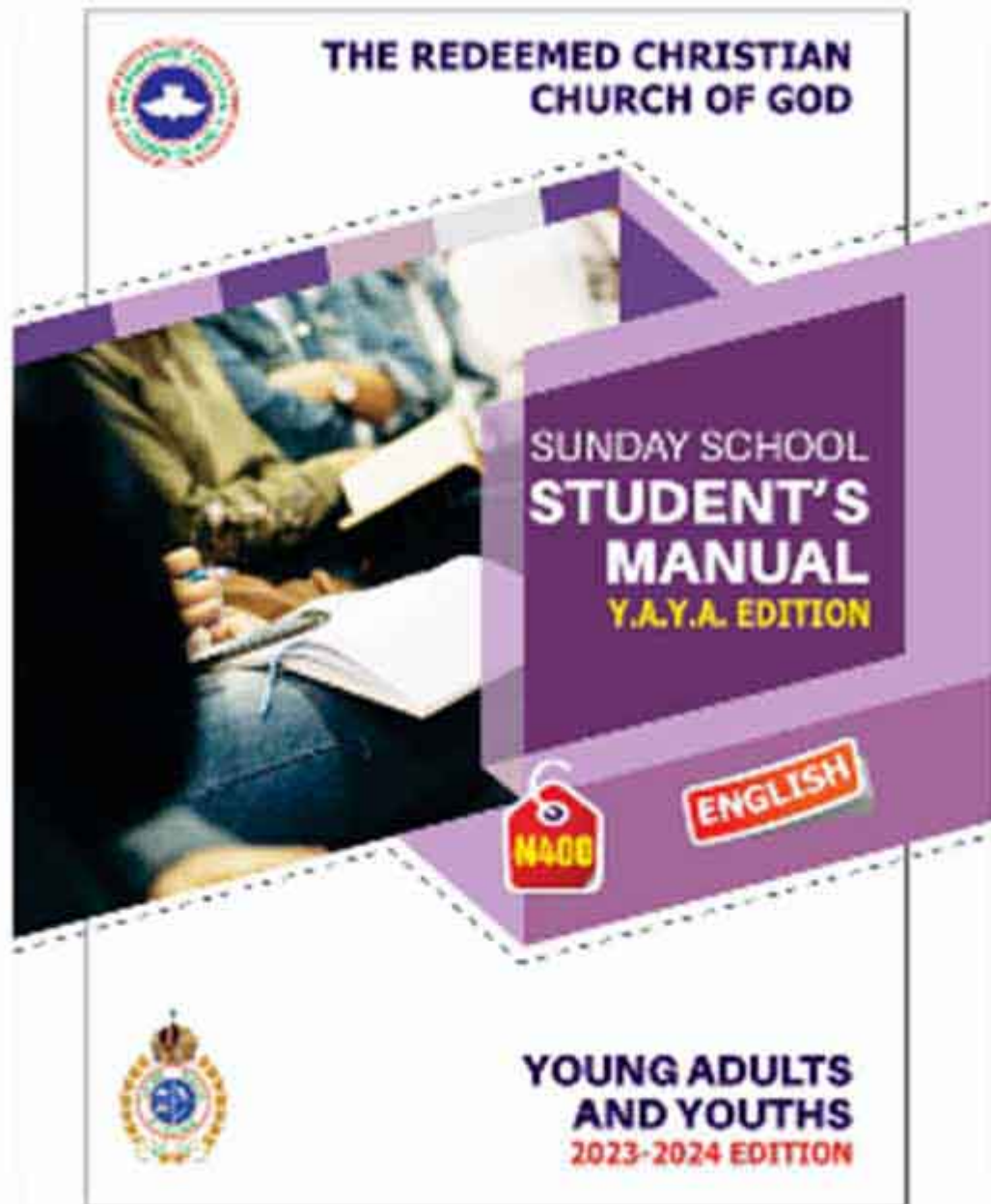
### Description

RCCG YAYA Sunday School Youth 5 May 2024 Student Manual Lesson 36.

The topic today is EMOTIONAL INTELLIGENCE.

### Read:

- [RCCG YAYA Sunday School Teacher's Manual 5 May 2024](#)
  - [Open Heaven 5 May 2024 Devotional](#)
  - [RCCG Sunday School Adult Student Manual 14 April 2024](#)
  - [RCCG House Fellowship Manual 14 April 2024](#)
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Note: Check [RCCG SUNDAY SCHOOL HYMN LYRICS](#)

**RCCG YAYA SUNDAY SCHOOL YOUTH 5 MAY 2024 (LESSON 36)**

**TOPIC: EMOTIONAL INTELLIGENCE**

## **BIBLE PASSAGE: Galatians 5:13-18**

<sup>13</sup> For you, brethren, have been called to liberty; only do not *use* liberty as an opportunity for the flesh, but through love serve one another.

<sup>14</sup> For all the law is fulfilled in one word, *even* in this: “You shall love your neighbor as yourself.”

<sup>15</sup> But if you bite and devour one another, beware lest you be consumed by one another!

<sup>16</sup> I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

<sup>17</sup> For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

<sup>18</sup> But if you are led by the Spirit, you are not under the law.

## **MEMORY VERSE:**

***“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.” Proverbs 10.34***

## **INTRODUCTION**

Emotional intelligence is the concept of knowing our feelings, managing, and expressing them appropriately.

It is also the ability to skilfully recognise how others feel and modify our own behaviour depending on the situation at hand in order to live in harmony with them.

Our God is emotionally intelligent (Psalm 78:38). His emotions are positive and appropriate. Since we are created in His image”, then it means, as we mature in Christ, our emotions should, in great measure share His divine qualities with the help of the Holy Spirit.

## **OUTLINES:**

1. CLASSIFICATION OF EMOTIONS
2. MANAGING EMOTIONS

## **1. CLASSIFICATION OF EMOTIONS**

We shall break down emotions into three classes for easy identification.

1. Holy Emotions – these are emotions expressed by God such as compassion (Psalm 78:38), and holy indignation (Deuteronomy 32:16).

Holy emotions can also accompany a believer's life in the spirit in times of worship (Ephesians 5:19).

They are not necessarily religious or pious emotions. They are good and beautiful (Philippians 4:8).

2. Human Emotions – these are based on our human nature and situations

Jesus Christ expressed natural human emotions while on earth, for instance. He wept at the tomb of Lazarus (John 11:35).

Feelings such as happiness, ecstasy, grief, fear, anxiety, and vulnerability are natural human emotions. For the "Christian", they are temporary. While some of these emotions may be bad they are not evil or toxic if and when properly managed.

3. Fleshly Emotions – these are toxic and destructive emotions such as untamed anger, malice, envy, selfish ambition, bitterness, lust, hatred, etc.

They are closely tied up with the works of the flesh and evil deeds (Galatians 5:19-21). Their outcome is spiritual death (Romans 8:6, 13; Galatians 5:21b).

These emotions were not part of mankind at creation (Genesis 1:31a).

They constitute what Apostle Paul calls the "old man" that must be put off and crucified (Romans 6:6; Ephesians 4:22).

## **CLASS ACTIVITY 1:**

Students should mention one of the dangers of entertaining fleshly emotions.

## **2. MANAGING EMOTIONS**

Below are some practical steps on how we can manage our emotions and relate better with others.

1. Self-awareness: identify and admit that you have issues with emotions and have a clear picture of how you appear to most people in order to make self-improvements (2 Corinthians 15:0).
2. Self-control: Put your emotions under check so it does not take you over (Proverbs 16:32).
3. Self-motivation: Rather than being depressed, encourage yourself and maintain a stable temper (1 Samuel 30:6)
4. Self-expression and empathy: always find an appropriate channel and time to politely express your feelings (Proverbs 15:1) and judge people less by seeing things from their points of view (Matthew 7:1-5).
5. Self/social-skill development: Develop the right level of rapport with people and be patient in your dealings with them (2 Timothy 2:24).

However, all the practical approaches mentioned above may not yield the expected result unless the believer yields first to the Holy Spirit who helps him/her respond differently to each of the three categories of emotion.

The Holy Spirit assists when we engage in holy responses.

He produces within us “the fruit of the spirit (Galatians 5:22-23).

He comforts us when human emotions such as grief overwhelm us (John 14:10).

He helps us break the grip of fleshly emotions such as lust and revenge.

The Spirit wars against such impulses so that we cannot fully give way to our worst desires (Galatians 5:16-18).

Hence, the Holy Spirit becomes the source of our intelligence when we take heed of His promptings.

## **CLASS ACTIVITY 2:**

Students should mention practical ways to control their emotions.

## **CONCLUSION: RCCG YAYA Sunday School Youth 6 May 2024**

The power to defeat deep and difficult emotions comes from God and involves the human spirit coming into contact with God’s Spirit.

## **QUESTION**

- i. Mention the classifications of emotions.
- ii. Mention some roles the Holy Spirit play in helping believers manage their emotions.

## **FURTHER READING:**

SUN: 1 Cor 13:4

MON: Phil 4:6

TUES: Jn 16:3

WED: Matt 6:34

THURS: Matt. 11:28

FRI: Josh. 1:9

SAT: 1 Pet.5:6-7.

## **ASSIGNMENT: RCCG YAYA Sunday School Youth 5 May 2024**

Students should identify five (5) things they have been doing to manage a negative emotion in their lives (2x5=10 marks).

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