



## Edge God In Bible Study =>

2<sup>nd</sup> Step in Emotional Intelligence:

**Self-management:** Requires high noticing around what spins you and the ability to adjust.

How? Allow the Holy Spirit to guide the flesh vs. the flesh to guide the Spirit.

**Romans: 8:5:** Those who live according to the flesh have their minds set on the things of the flesh. Those who live according to the Spirit have their minds set on the things of the Spirit.

Flesh: **Romans 5:5:** And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

If you live in the flesh you are concerned about the things in the flesh. What are things of the flesh? Anything that distracts you from communion with God: status; fame; popularity; money; opinions of others; greed; malice; self glorification and gratification; jealousy; fits of rage; coveting. Basically like a spoiled child the flesh is never satisfied, it is always craving more. The flesh will also question God and feel victimized: Why me?

**Colossians 3:5-10:** “<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup> and have put on the new self, which is being renewed in knowledge in the image of its Creator.”

What is your vice? Have high noticing and then the ability to manage the fleshly flare-ups.

Colossians 3:12: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. The Spirit of God dwells in you. When you are in the Spirit you are pleasing to God: heartfelt compassion, putting up with others.

**Romans 8:12:** We are not debtors to the flesh.

High Noticing is essential for self-management. The fruit of the Spirit self-control and it is an essential ingredient for effective self-management.