



Edge God In Virtual Bible Study: 4th Step in Emotional Intelligence for Authentic Leadership:

Relationship Management: Perceived emotions; use emotions; understand emotions; manage emotions

Unmanaged emotions can lead to gossip; bullying; envy; jealousy; victimization; complaining below the line behaviors

Numbers 11:

What does God think of complaining? Overwhelm occurs when delegating is overlooked in the face of “I can do it all” mentality. Observe what God does for Moses (sends 70 people to share in his gifts and talents to support the job responsibilities). How well you manage your own emotions will spill over into how you manage the emotions of those around you in relationship.

“You too, be patient and strengthen your hearts, because the Lord’s coming is near. Do not complain about one another, brothers, so that you will not be judged.” James 5:8-9

“He who is slow to anger has great understanding, But he who is quick tempered exalts folly (foolish, lack of good sense or understanding). A heart at peace gives life to the body, but envy rots the bones.” Proverbs 14:29-30

Estella

Emotional intelligence has been defined as the ability to monitor and interpret one’s own and others’ feelings and emotions and use this information to guide one’s actions and behaviors. It is important that we as Christian coaches understand how to manage and express emotions. Additionally, connecting our emotions with others is important.

1) Relationships that involve learning from others:

Proverbs 12:20

20 Walk with the wise and become wise, for a companion of fools suffers harm.

2) Relationship that involve connection

Hebrews 10:24-25

24 And let us consider how we may spur one another on toward love and good deeds,
25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

3) Relationships involves peaceful resolutions

Ephesians 4:2-3

2 Be completely humble and gentle; be patient, bearing with one another in love.

3 Make every effort to keep the unity of the Spirit through the bond of peace.