

MENS LIFE BLOOMINGTON

Tuesday, February 24, 2026

Authentic Brotherhood | Emotional Intelligence

Overview: Emotional intelligence helps us recognize and manage our emotions, so our influence reflects Christ. Rather than reacting impulsively, we learn to respond with self-awareness, self-control, empathy, and steady presence. This session invites us to see emotional maturity not as personality polish, but as spiritual formation—allowing the fruit of the Spirit to shape how we lead at home, at work, and in everyday relationships.

Verse: *But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit. Never set the law above these qualities, for they are meant to be limitless.* Gal. 5:22-23 TPT

Videos: [What is Emotional Intelligence](#)

Presentation Overview:

- Emotional Intelligence begins with self-awareness
- Self-regulation turns reaction into response.
- Empathy strengthens relationships.
- Healthy relational skills create positive environments.

Questions for Work as Worship

- **What stood out to you in the video or in Galatians 5:22–23?** Was there a word, phrase, or idea that caught your attention—something encouraging, challenging, or even uncomfortable? Why do you think that stood out to you?
- **How does the fruit of the Spirit connect to emotional maturity?** In what ways do love, patience, gentleness, and self-control shape how we respond under pressure? Where do you see a gap between what you believe and how you react?
- **Which component of emotional intelligence feels most natural to you—and which feels most challenging?** Self-awareness, self-regulation, motivation, empathy, or social skills? What experiences have shaped that strength or weakness?
- **When you are stressed or frustrated, what emotion tends to show up first?** Do you become sharper, quieter, more defensive, more withdrawn? How does that affect the people closest to you?
- **How does your tone shape the environments you step into?** At home, at work, in church, or in friendships—what atmosphere do you tend to create, intentionally or unintentionally?
- **What is one small, intentional way you could practice emotional maturity this week?** Not a dramatic change—just one shift. Pausing before responding. Asking a clarifying question. Naming what you're feeling. Listening without interrupting. How might that reflect the work of the Spirit in you?

Closing Prayer:

Thank You for shaping us from the inside out. Help us grow in self-awareness, patience, and self-control. Teach us to respond rather than react, and to reflect Your gentleness in our tone and presence. May the fruit of Your Spirit guide our influence at home, at work, and in every conversation this week. Amen.