

Be of a Sound Mind Midweek Study
Emotional Awareness/Various Verses
Teacher: Ray Tucker 10/19/22

1. What is emotional awareness & Why is it important?

- EA is the ability to _____ both your own and others emotions through _____ and _____ observations of _____ responses. *James 1:19*
- EA allows us to _____ in our/others _____ helping us be led by the _____. *Galatians 5:16-26*

2. Peter's Emotions - Matthew 26:30-35, 41, 51-52, 69-75

1. I will never fall away! / *Emotion:* _____
2. Even if I must die with you, I will not deny you! / *Emotion:* _____
3. So, could you not watch with me one hour? / *Emotion:* _____
4. One of those who were with Jesus drew his sword / *Emotion:* _____
5. You also were with Jesus the Galilean / *Emotion:* _____
6. He went out and wept bitterly / *Emotion:* _____

3. Characteristics of a Lack of Emotional Awareness

- 3.1. _____
- 3.2. _____
- 3.3. _____
- 3.4. _____
- 3.5. _____

4. Reasons for a Lack of Emotional Awareness *Proverbs 11:2*

- 4.1. _____
- 4.2. _____
- 4.3. _____
- 4.4. _____
- 4.5. _____

Maintaining a Healthy Emotional Awareness *I Peter 1:13-16*

- 5.
- 5.1. _____
 - 5.2. _____
 - 5.3. _____
 - 5.4. _____
 - 5.5. _____