

EMOTIONAL INTELLIGENCE IN CHRIST

Course: 1 First steps into Emotional Intelligence In Christ (EIC)

Welcome to the Course!

If you have ever caught yourself questioning your behavior or that of others, this Emotional Intelligence in Christ (EIC) course is for you. Let's face it, when things are going well for you in life, it's easier to be aware and manage your own emotions and that of others, and when it isn't, we take offense.

Emotional Intelligence in Christ (EIC) reminds us of Christ's Love for everyone, regardless of beliefs or personalities. This course will teach you how modeling the behavior of Christ in our daily life starts with the activation of the Holy Spirit for behavior and emotional change.

Course Overview

This Emotional intelligence in Christ (EIC) course is a self-paced, fully online course. This God project will focus on areas in the book to build your Emotional Intelligence in Christ. The book is a reference for the course and contains a bonus supplemental journal. There are quarterly meet and greet webinars for community building, sharing with pre and post students, and answering any questions you may have.

Course Learning Objectives:

In this course, you will:

- Be introduced to the Emotional Intelligence in Christ Project and Team.
- Learn constructs of IQ, EI, and EIC.
- Become aware of your behaviors using the Biblical EIQ and Biblical DISC assessments to investigate your personal DISC traits and EIC behaviors.
- Connect Biblical DISC with EIC through scripture and case studies.
- Examine the Four EIC behaviors: Self-Awareness/ Personal Identity; Self-Control/Self-Management; Social-Awareness/ Altruistic Attitude, and Relational Management/Christ Connections.
- Apply the EIC Model as you reflect on your behaviors and emotions and those around you.

Course Resources:

- Emotional Intelligence in Christ Book
- Holy Bible
- Instructors Bios

Lesson 1: Course Overview

5 Topics | Journal Entries:

Topic 1: Emotional Intelligence in Christ (EIC) Course at a Glance:

- Read the EIC Course at a Glance
- Available for download in course shell

Topic 2: EIC Course Lecture Lesson 1:

- Watch EIC Course Overview

Topic 3: EIC Project overview:

- Watch the EIC Project Overview

Topic 4: An Edge God In Podcast on Offense:

- Listen to the Edge God In podcast titled: *How to use your Emotional In Christ to Overcome Offense.*

Topic 5: Meditative Prayer Practice on offense:

- Watch this meditative prayer session on offense

Journal: Complete the EIC Journal Prompts for Lesson 1

For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas pulling from your own experience:

Journal Entries:

- **Why did you choose to take the course?**
- **What is your EIC Story?**
- **What do you hope to gain from the course?**

Lesson 2: Differentiation of IQ, EQ, & EIC

6 Topics | Journal Entries:

Topic 1: Introduction to your EIC Journey:

- Read the Preface, Forward and Chapter one

Topic 2: The Difference Between EQ vs IQ:

- Read the article on EQ and IQ

Topic 3: Myths of Emotional Intelligence:

- Read the article by Robert Jerus

Topic 5: Emotional Intelligence Framework:

- Read about the theories of EI

Topic 4: Developing Intelligence:

- Watch EI video: Developing Emotional Intelligence

Topic 6: EIC course lecture: lesson 2:

- Watch the IQ, EI, and EIC Lecture with Rich Cummins

Journal: Complete the EIC Journal Prompts for Lesson 2

For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas with your own experience:

Journal Entries:

- **Write down your biggest take-a-ways as you have reflected on IQ, EQ and EIC?**
- **From your perspective, what is the benefit of making Jesus your foundational mentor of emotional intelligence?**
- **What behaviors would you like to work on as you continue your Emotional Intelligence in Christ journey?**

Lesson 3: Connecting Assessments with EIC

3 Topics | Journal Entries:

Topic 1: Biblical DISC and Biblical EIQ:

- Read Chapter 2 in your EIC book

Topic 2: EIC Course Lecture: Lesson 3:

- Watch the Lecture 3 with Rich Cummins on Connecting Assessments to EIC

Topic 3: What is Biblical DISC?

- Watch the LLJ Biblical DISC video

Journal: Complete the EIC Journal Prompts for Lesson 3

For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas with your own experience:

Journal Entries:

- **Review your Biblical DISC and Biblical EIQ Assessments. Record the behaviors that best define you.**
- **What behavior do you want to do more of with the power of the Holy Spirit within you?**
- **What behavior do you want to do less of?**

Lesson 4: Personal Identity in Christ | Self Awareness

3 Topics | Journal Entries:

Topic 1: Personal Identity | Self Awareness:

- Read Chapter 3 in the EIC Book

Topic 2: EIC Course Lecture: Lesson 4

- Watch the course lecture with Lauren E Miller on Personal Identity

Topic 3: An Edge God In Podcast on Fighting the Wrong Battle:

- Listen to the Edge God In Podcast titled: *Are You Fighting the Wrong Battle?*

Journal: Complete the EIC Journal Prompts for Lesson 4

For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas with your own experience:

Journal Prompts:

- **Write down your 3-step prison break: Encounter with Jesus => Your experience with Repentance (turning in a different direction, away from sinful behavior towards God) => Resurrect who God says you are...your identity in Christ.**
- **Who does God say you are in the Scriptures? Read John 1:12, Romans 8:15–16, 1 Peter 2:9, 2 Corinthians 5:20**
- **How does knowing who you are in Christ impact your sense of identity?**

Lesson 5: Self-Control | Self - Management

3 Topics | Journal Entries:

Topic 1: The EIC lecture:

- Watch the lecture with Rich Cummins as he defines self-control from a biblical perspective

Topic 2: Chapter 4 in the EIC Book:

- Read Chapter 4 in the EIC book

Topic 3: Your Self Control Does Not Rest on You:

- Watch the video lesson on self-control

Topic 4: An Edge God In podcast on your attitude, emotions and motives:

- Listen to the Edge God In podcast titled: *An Attitude, Emotion and Motive Check with Jesus*

Journal: Complete the EIC Journal Prompts for Lesson 5

For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas with your own experience:

Journal Entries:

- **What are your emotional triggers?**
- **Where do you tend to get hijacked and lose control in your behaviors? Example, someone cuts you off mid-sentence and questions the validity of what you're saying...what happens?**
- **When your EGO takes center stage, what tools from chapter 4 in your EIC book do you want to implement to activate the Holy Spirit within you for self-control?**

Lesson 6: Altruistic Attitude | Social Awareness

6 Topics | Journal Entries:

Topic 1: Chapter 5 in Your EIC Book:

- Read Chapter 5 in EIC Book

Topic 2: An Article on Effective Altruism:

- Read article on Effective Altruism

Topic 3: An Edge God In Podcast on Altruism:

- Listen to the Edge God In podcast titled: *Altruism Begins with a Fundamental Message of Jesus, God's Love.*

Topic 4: Do You Have a Service Mindset?

- Watch this 3-minute personal excellence and wellness program lesson from Lauren

Topic 5: The EIC Course Lecture:

- Watch the course lecture with Dr. Estella Chavous as she shares insights on secular and Christian altruistic behavior.

Topic 6: An Altruistic Meditative Prayer:

- Watch Dr. Estella in a Meditate Prayer session

Journal: Complete the EIC Journal Prompts for Lesson 6

For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas with your own experience:

Journal Entries:

- **The Effective Altruism article introduced a different perspective on altruism. Share a few sentences around your biggest takeaways.**
- **Jesus' fundamental message was love, which is the foundation for Altruistic behavior. How does knowing this impact your altruistic behavior?**
- **Two tools introduced in this lesson were (1) the EIC method and (2) Meditative Prayer. How will you apply these two tools to become more emotionally intelligent in Christ in an altruistic way?**

Lesson 7: Christ Connections | Relational Management
2 Topics | Journal Entries:

Topic 1: Chapter 6 in your EIC Book:

- Read Chapter 6 in your EIC Book titled “Christ Connections”

Topic 2: EIC Course Lecture: Lesson 7:

- Watch the EIC Lecture with Lauren E Miller and explore 4 areas to up your ability to relate to others as Jesus did for God’s glory

Journal: Complete the EIC Journal Prompts for Lesson 7

- For the questions below, take 5-minutes to reflect and answer each prompt with a 200–400-word response. Share insights and validate ideas with your own experience.

Journal Entries:

- **Do my behaviors make God recognizable within my relationships? How specifically?**
- **As I read through Galatians 5:22-23 what behaviors is the Holy Spirit prompting me to do more of in my relationships to connect with others as Jesus did?**
- **During the lecture I learned about the 1 emotionally intelligent behavior that Jesus did to connect to others. What is that behavior and how do I want to practice it in my relationships? In what ways am I inclusive in my relationships? Interruptible?**

Lesson 8: Wrap up & Evaluation | 5 Topics:

Topic 1: EIC Course Commencement Lecture:

- Watch the EIC course commencement

Topic 2: The God Squad Personal EIC Stories:

- Watch the personal EIC testimonies from the four authors of the EIC Project

Topic 3: Course Evaluation:

- Complete the Course Evaluation

Topic 4: Post Course Action Items:

- Download the Post Course Action Items document:

Topic 5: The EIC Course Completion Certificate

- Download Your EIC Course Certificate