

EMOTIONAL INTELLIGENCE IN CHRIST

Post Course Action Items

Lesson 1 Action Step - Behavioral Shifts & Observations

Journal Prompt:

1. Continue to reflect on your personal EIC story and journal your EIC observations.
2. Record specific behavioral shifts that you are noticing in your everyday life due to applying the EIC Model.

Support Resources:

- Definition of EIC: Emotional Intelligence in Christ is the activation of the Holy Spirit within you to discern and manage personal emotions and behavior in a way that honors God by loving others well as Jesus did.
- Emotional Intelligence In Christ Model: EIC Model = Encounter + Identified Behavior + Course correct

Lesson 2 Action Step - EIC Model Exploration

Journal Prompt:

Go out and **explore the EIC model** in your everyday relationships. Journal your findings wiring

1. What do you notice to be different?
2. Is Jesus Love more recognizable in yourself and others?

Support Resources:

- Read the transformation that occurred in Billy Ballenger's Life pages 2-6

Lesson 3: Action Steps -Biblical EIC and Biblical DISC Assessment

Journal Prompt:

Prayerfully reflect on your **Biblical EIC and Biblical DISC assessment:**

1. What specific aspects of the assessment feedback resonate with the person Jesus is calling you to be in this world.
2. What behaviors do you want to continue as activated by the Holy Spirit?
3. What behaviors do you want to discontinue as activated by the Holy Spirit?

Support Resources:

- Read 1John chapter 4
- Read John chapter 15
- Read Matthew 12:30-31

Lesson 4 Action Steps - Recognizing the Encounter

Journal Prompt:

1. Since completing the course, how has your encounter with Jesus Love impacted your relationship with yourself and others?

Support Resources:

- Review chapter 3 in EIC book
- Identify scriptures offered in this chapter or additional ones that support your identity in Christ.

Lesson 5 Action Steps - Activation of the Holy Spirit in Self Control

Journal Prompt:

1. How has activating the Holy Spirit within you changed your ability to practice self-control in relationships?
2. Reference Chapter 4 EIC book and journal your top 3 takeaways. What behaviors will you commit to in the next three months?

Support Resources:

- Memorize Galatians 5:6
- Read Galatians 5:19-21

Lesson 6 Action Steps - Being Mindful of Social Awareness

Journal Prompt:

1. In the next three months, journal how you become more mindful in your altruistic behavior.
2. What aspect has changed or is different since the course?

Support Resources:

- Reach Chapter 5 in the EIC book
- Identify a scripture in the bible that has helped you with this change

Lesson 7: Action Steps - The Love of Jesus in Christ Connections

Journal Prompt:

1. As you reflect on your learnings from Module 7: Christ Connections, what are three action steps you will take to make the love of Jesus recognizable?
2. Reflect at the end of your day on the opportunities God gave you to make a Christ Connection.

Support Resources:

- Biblical Examples in Jesus Life: EIC Book pp 153-159