

## **Set up for success!**

Deuteronomy 6:5; Matthew 22:36-40; Joshua 1:8

The next seven weeks, we discover what it means to love God and live a life of worship as we introduce core areas in the life of a disciple to be the best version of themselves and lead a successful life. In 2026, we will delve into each subject in more detail, but the purpose now is to identify at least one goal in each area that will be a focus next year, so that you can become better. The areas are the heart (emotional intelligence), soul (spiritual disciplines), mind (intellectual development), strength/might (physical health), and love of neighbor (service/ministry), love of self (self-care).

### **HEART**

The heart references your emotions and feelings. It is the seat of your desires.

**What is an emotion?** Complex mental reactions that involve physiological, behavioral, and experiential elements.

A natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

**What is emotional intelligence?** "...an awareness of our emotions and the emotions of others around us so that we can handle well our emotions and theirs, with the result that we relate in a Christlike manner with those within or outside the body of faith.

### **A biblical frame of reference for emotions**

#### **Love**

Giving something of extreme value or worth to someone who may or may not be worthy so that they can benefit from it. It seeks the well-being of others without looking for anything in return.

Exodus 34:6; Psalm 119:64; 2 Chronicles 5:13; Psalm 33:5

#### **Joy**

A feeling of happiness or great pleasure that should characterize the Christian's entire life.

1 Thessalonians 5:16; Nehemiah 8:10; Psalm 66:1; Psalm 16:7-10; Deuteronomy 16:14-15.

Hope – An expectation of something good or positive in the future.

Psalm 62:5; Romans 15:13; Psalm 130:7

### **Jealousy**

A desire to possess rightfully or wrongfully a person or thing that one does not have or own. It can be helpful or harmful based on context.

Jealousy is an attribute of God (Exodus 20:5), and Paul in 2 Corinthians 11:2 speaks of a “godly jealousy” which is concerned for the spiritual health of the church and thus protective.

*Harmful Jealousy* is a sinful emotion that 1 Corinthians 3:3 describes as wanting what belongs to someone else.

### **Fear**

A future-directed emotion based on the assumption that something bad is about to happen.

*Illegitimate fear* addresses anything keeping you from doing the will of God. Luke 5:10

*Legitimate fear* comes from concern

Galatians 4:11; 1 Thessalonians 3:5

### **Sorrow**

The grief one feels when experiencing the loss of something or someone of worth or value.

*Healthy sorrow*

Godhead experiences grief (Genesis 6:5-5); Jesus (Matthew 23:37); Holy Spirit (Ephesians 4:30)

The believers sorry 2 Corinthians 7:8-11

*Unhealthy sorrow* 1 Corinthians 5:2; 1 Thessalonians 4:13

### **Anger**

A response of displeasure or even hostility one feels when wronged by another in some way.

God was angry, Exodus 32:10.

Jesus was angry, Matthew 21:12-13.

The believers' anger. Ephesians 4:26 vs. Ephesians 4:31