

NEW

LIFE























Emoji head



“I feel...out of sorts I am
tired... Sometimes I feel that I
am headed toward a dark
shadow. I sense that the
darkness could get its ugly grip
on me if I don't turn the
corner...”

IQ - Intelligence Quotient

EQ - Emotional Quotient

EI – Emotional Intelligence

People with high EQ tend to be more successful in life than those with lower EQ even if their IQ is just average





2 Timothy 1:7

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

(Sound mind)

The path to increasing your Emotional Quotient

The Ability to

- Reduce Negative Emotions
- Stay Cool and Manage Stress
- Express Difficult Emotions
- Not be Reactive in the Face of a Difficult Person
- Bounce Back from Adversity
- Express Intimate Emotions in Close, Personal Relationships

Treatment plan for “Emoji head”

Psalm 100

Vs 1

Shout for joy to the LORD, all
the earth.

1 Samuel 4:5

When the ark of the LORD's covenant came into the camp, all Israel raised such a great shout that the ground shook.

Joshua 6:20

When the trumpets sounded, the people shouted, and at the sound of the trumpet, when the people gave a loud shout, the wall collapsed; so every man charged straight in, and they took the city.

When God's people shout
things happened

There is power in the shout

Hallelujah!!

Greater is He that is in me
than he that is in the world!!

In the Name of Jesus!!!

Jesus you are the Great I AM

Jesus you are the Resurrection

Jesus you are the Way, the Truth, the Life

Jesus you are the One who set us free

Jesus you are the giver of strength

Jesus, Jesus, Jesus

There's just something about that name

Master, Savior, Jesus

Like the fragrance after the rain

Jesus, Jesus, Jesus

Let all heaven and earth proclaim

Kings and kingdoms shall all pass away

But there's something about that name.

**Shouting to the Lord
will increase our EQ**

Vs 2

Worship the LORD with
gladness; come before Him with
joyful songs.

Worship is people or a
person responding to a
gracious God

**Responding to a gracious
God will increase our EQ**

Vs 3

Know that the LORD is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

**Knowing the LORD is
God will increase our EQ**

Vs 3

Know that the LORD is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

Knowing

- ✓ it is He who made us
 - ✓ we are His
 - ✓ we are His people
- will increase our EQ

Vs 3 (personalized)

*I know that the LORD is God. It
is He who made me, and I am
His; I am His people, I am a
sheep of His pasture.*

Vs 4

Enter His gates with
thanksgiving and His courts
with praise; give thanks to Him
and praise His name.

**Talking about what God
has and is doing in our
lives will increase our EQ**

Vs 5

For the LORD is good and His
love endures forever; His
faithfulness continues through
all generations.

**Grasping that God's love
and faithfulness is forever
will increase our EQ**

Emoji head?



Shout
Respond
Know
Talk
Grasp