



LESSON 3 // GET SMART

Big Idea: Part of loving well involves becoming more intelligent about your emotions and how to effectively connect with them. The Bible teaches that you can be smarter emotionally in your relationships as you learn more about yourself, discover life “brakes,” tune in to the needs of others and keep growing your social skills.

Mark 12:28-31 (NIV) *One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”²⁹ “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one.’³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

Start Talking:

What role do your emotions play in loving people? What happens when you fail to manage or express your emotions well in your relationships?

Start Thinking:

Read Psalm 139:23, 24; Matthew 7:1-5. What do you learn from these verses about becoming more self-aware? Why is this important in your relationship with God and relationships with others?

Read Galatians 5:22, 23. How does self-control help you apply the “brakes” to your thoughts, emotions and actions?

Read Hebrews 4:14-16. How does Jesus’ example inspire and teach us about the value of empathy?

Read 1 Corinthians 13:11. In what ways can mature social skills (like understanding, de-escalating and self-responsibility) make you a better friend and improve all your relationships?

Start Praying:

Pray that you grow wiser in your understanding and expressions of your emotions. Believe that God can shape your heart and mind to be more empathetic and loving as you seek Him and apply His Word.

Start Doing:

Pastor Dale said that we can all improve our relationships if we work on three important social skills: understanding, de-escalating and self-responsibility. Choose one of these to work on this week in your interactions with others. Write down your observations about the impact this has on yourself and others in these relationships.