



The Essential Leadership Skill of Emotional Intelligence

In his newest book, *Pray First*, Pastor Chris shares everything he has studied on prayer. He included a whole section on the models of prayer that he has taught for almost forty years of ministry including the Lord's Prayer, the Tabernacle prayer, and the prayer of Jabez. He has also included a section on prayer and fasting and building prayer teams in our churches.

Pastor Chris and the team have worked hard to ensure *Pray First* is available to you by the start of 21 Days of Prayer. We believe this will be a fantastic resource for you and your team as we move through the prayer season.

[Pre-Order & Bulk Order *Pray First*](#)

January 2023 Message Series: Pray First

- Outlined message notes will be available for pastors in December
 - A pre-recorded message will be available for churches to show at a Sunday Service
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Emotional Intelligence

1. Self-Awareness

- a. Are you aware of how you make other people feel?
- b. Do you know what you're good at and not good at?
 - i. The more you understand who you are in Christ and who you are as a leader, the better off you will be.

2. Self-Regulation

- a. The ability to control or redirect your impulses or moods.
- b. We need to be leading environments where our people don't need to wonder what mood they will be getting today and how to navigate that.
- c. Fasting is a spiritual discipline that will help you with this.

d. Practical ways to Self-Regulate

- i. Fasting.
- ii. Giving permission to certain people to tell you when you need to regulate.
- iii. Starting your mornings well.



1. Spend time with God in worship and laying your life down at the cross every single day.
2. Forgive people in advance for that day.

3. Understanding Your Motivation

- a. What motivates you and are you motivated?
- b. A passion to work for reasons that go beyond money and status (fame & fortune).
- c. To keep the fire going– put yourself in environments that go back to the core of why you do what you do.
- d. A challenge to keep your motives pure:
 - i. Go on a mission trip to an underdeveloped country.
 - ii. Every month, share your faith off the stage.
 1. We can't build great churches if we're not inviting people ourselves and encouraging our church to invite their friends, family, and neighbors as well.

The first three components of emotional intelligence are **self-management skills** and the last two are **people-management skills**.

4. Empathy

- a. The ability to understand the emotional makeup of other people.
 - i. This is equated to understanding someone's story– not agreeing with it, but working to make them feel seen and accepted while being challenged in truth.
- b. Understanding people's stories will allow you to see their actions from a completely different perspective.
- c. Let's be great journalists and terrible judges.

5. Social-Skill

- a. The ability to get people to move in the direction you and they desire.
 - i. Not moving them toward the outcome you want, but toward the outcome that God wants for their lives and is good for them.
- b. It is proficiency in managing relationships and motivating people.
- c. In short, it's friendliness with a purpose.
- d. This is the culmination of the first four– once we have those first four, this comes naturally.



RESOURCES

- [Emotional Intelligence Book - Daniel Goleman](#)
- [GrowLeader Conference 2023](#)
- [GrowLeader Regionals](#)
- [Monthly Mentoring with Pastor Chris](#)
- [Free Church Resources](#)
- [Previous Episodes + Show Notes](#)
- [The Wesleyan Investment Foundation](#)
- [Great American Family Network](#)
- [Compassion International](#)