



Uphill Habits – Pt. 7  
Raise Your EQ (Emotional Quotient)

New Horizon Church      02-16-2020      Pastor John Raymond

1. Negative emotions are \_\_\_\_\_.

**Psalm 42:5 (MSG)**, “Why are you down in the dumps, dear soul? Why are you crying the blues?”

**Job 3:24-26 (NLT)**, “<sup>24</sup>I cannot eat for sighing; my groans pour out like water. <sup>25</sup>What I always feared has happened to me. What I dreaded has come true. <sup>26</sup>I have no peace, no quietness. I have no rest; only trouble comes.”

**Philippians 4:6 (NLT)**, “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”

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2. Your \_\_\_\_\_ control your emotions.

**Psalm 13:2 (NIV)**, “How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?”

**Romans 12:2 (NLT)**, “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

**Ecclesiastes 10:2 (MSG)**, “Wise thinking leads to right living. Stupid thinking leads to wrong living.”

**Philippians 4:7 (NLT)**, “Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

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3. Your emotions control your \_\_\_\_\_.

**James 1:19-20 (Berean Study Bible)**, “Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires.”

**Proverbs 19:11 (NIV)**, “A person’s wisdom yields patience; it is to one’s glory to overlook an offense.”

**1 Peter 5:6-7 (NLT)**, “<sup>6</sup>So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. <sup>7</sup>Give all your worries and cares to God, for he cares about you.”

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4. Your actions design your \_\_\_\_\_.

**Proverbs 4:23 (NLT)**, “Guard your heart above all else for it determines the course of your life.”

**Philippians 4:8-9 (NLT)**, “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me, everything you heard from me and saw me doing. Then the God of peace will be with you.”

**Psalm 121:1-2 (NIV)**, “<sup>1</sup>I lift up my eyes to the mountains – where does my help come from? <sup>2</sup>My help comes from the LORD, the Maker of heaven and earth.”

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