

Michigan Camp Meeting

**Missing Pieces of True Education:  
Growing Emotional Intelligence**

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## Introductions

## Caveats

Missing Pieces, not All missing pieces

Merely overviews

Why these presentations: Not for Education!

Winning Souls!

Helping us/them to be God-like.

Going home!

**Education p. 18**

Higher than the highest human thought can reach is God's ideal for His children. Godliness—godlikeness—is the goal to be reached.

**Emotional Intelligence Defined**

EI is a way of maturely handling and controlling one's *personal emotions* as well as fostering positive *relationships with others*.

**EQ (Emotional Intelligence Quotient)**

EQ is a way of measuring the degree to which one has attained Emotional Intelligence.

“Wow, she really has a high EQ!”

*What does it mean?*

“Ugg, he sure has a low EQ!”

*What does it mean?*

**WARNING:**  
EI as a tool

Manipulation

Ministry

**EI is not Character**

**Daniel Goleman**, *Emotional Intelligence* (1995).

Finding: “Success” has a higher correlation with Emotional Intelligence than with I.Q.

**Daniel Goleman**, *Emotional Intelligence* (1995), p. 28

“In a sense we have two brains, two minds—and two different kinds of intelligence: rational and emotional. ... When these partners interact well, emotional intelligence rises—as does intellectual ability.

**Daniel Goleman**, *Emotional Intelligence* (1995), p. 36.

“And that is the problem: academic intelligence offers virtually no preparation for the turmoil—or opportunity—life’s vicissitudes bring.

**Daniel Goleman**, *Emotional Intelligence* (1995), p. 36.

“And that is the problem: academic intelligence offers virtually no preparation for the turmoil—or opportunity—life’s vicissitudes bring. Yet even though a high IQ is not guarantee of prosperity, prestige, or happiness in life, **our schools and culture fixate on academic abilities**, ignoring Emotional intelligence...that also matters immensely for our personal destiny.”

**Elias, Tobias & Freidlander**. Emotional Intelligent Parenting.

“Teaching social competence and emotional intelligence requires a somewhat different approach to parenting. The emphasis is getting children to think for themselves rather than on telling them what to do.”

**Education**, p. 17

It is the work of true education to develop this power, to train the youth to be thinkers, and not mere reflectors of other men’s thought.

## Emotional Intelligence

4 Components

|                         |                            |
|-------------------------|----------------------------|
| <b>Social Awareness</b> | <b>Relationship Skills</b> |
| <b>Self-Awareness</b>   | <b>Self-Management</b>     |

## Self-Awareness

Vega V., *Social and Emotional Learning Research Review* (2012)

### **Self-Awareness**

What are my thoughts and feelings?

What causes those thoughts and feelings?

How can I express my thoughts and feelings respectfully?

### **Key Building Block #1. Know God to know yourself.**

#### **John 17:3.**

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.”

Knowing one's self is a basic foundational piece to recognition and regulation of emotions.

To know yourself aright, you must first, know God.

**Youth Instructor**, June 1, 1856, par. 7

Then search the Scriptures; **that you may know yourself** that you have a well-grounded hope.

## Who am I?

**Isaiah 43:1.** “Fear not, for I have redeemed you; I have called you by your name; You are Mine.”

**Jeremiah 29:11.** "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

**Ephesians 2:10**

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

## How does God view you?

Not by their wealth, their education, or their position does God estimate men. He estimates them by their purity of motive and their beauty of character. He looks to see how much of His Spirit they possess and how much of His likeness their life reveals. To be great in God's kingdom is to be as a little child in humility, in simplicity of faith, and in purity of love. {MH 477.5}

We are  
children of God!

**Proverbs 22:6**

Train up a child in the way he should go, And when he is old he will not depart from it.

**Desire of Ages**, p. 329

"Come unto Me," is His invitation. Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The way will be opened for you to disentangle yourself from embarrassment and difficulty. *The weaker and more helpless you know yourself to be, the stronger will you become in His strength.*

## Practical Advice: Personal Awareness

**Steep your mind in Scripture**—ask, what does this tell me about God? How can I know Him better? How can I know myself better?

**Build your talents.** God has given you, *individually*, God-given talents and abilities for a reason. Grow them. Use them.

**Discuss your feelings with God.** Out loud, outside or in a closet (if need be).

## Practical Advice: Personal Awareness

**Ideas for teaching children**

**John 1:12.** “But as many as received Him, to them He gave the right to become children of God.”

## Self-Management

Vega V., *Social and Emotional Learning Research Review* (2012)

### **Self-Management**

What different responses can I have to an event?

How can I respond to an event as constructively as possible?

Ability to motivate yourself

To regulate your emotions

**Goleman** (1995), p.56

Self-management can also be termed temperance or **self-control**. "Keeping our distressing emotions in check is the key to emotional well-being."

Stifling emotions is not the goal, however one needs to be able to manage emotions and actions (i.e., self-control).

**Nedley, N.** (2011) *The Lost Art of Thinking*.

Cognitive Distortions (Negative self talk)

- All or nothing thinking.
- Overgeneralizing.
- Mental filters.
- Mind-reading.
- Fortune telling.
- Magnification (Minimization).
- Personalization.
- Emotional Reasoning.
- Mislabeling.

## All or nothing thinking

"It's all ruined now!"

## Overgeneralizing

"They all hate me!"

## Mental filters

"People drive so rude!"

## Mind-reading

"He hates me, I know it!"

## Fortune telling

"I'll never recover!"

## Magnification (Minimization)

"It's NOT just a game!"

## Personalization

"It was all my fault!"

## Emotional Reasoning

*"It just felt like the right thing to do."*

## Mislabeling

*"You Stupid!"*

When the people were physically abusing and mocking Christ, He said nothing except:

"Father forgive them, for they do not know what they do" (**Luke 23:34**).



## 2 Corinthians 10

4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...

## Mind, Character and Personality, p. 125

"You may be cheerful if you will **bring even your thoughts** into subjection to the will of Christ. You should make no delay but closely search your own heart and die to self daily."

"You may inquire: How can I master my own actions and control my inward emotions?"

## Mind, Character and Personality, p. 125

Many who profess not the love of God do control their spirit to a considerable extent without the aid of the special grace of God. They cultivate self-control. This is indeed a rebuke to those who know that from God they may obtain strength and grace and yet do not exhibit the graces of the Spirit. **Christ is our model. He was meek and lowly. Learn of Him and imitate His example.**

You may inquire: How can I master my own actions and control my inward emotions?" (MCP 125)

## Steps to Christ, p. 47

Many are inquiring, "How am I to make the surrender of myself to God?" You desire to give yourself to Him, but you are weak in moral power, in slavery to doubt, and controlled by the habits of your life of sin. Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses, your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity, and causes you to feel that God cannot accept you; but you need not despair. What you need to understand is the true force of the will. This is the governing

confidence in your own sincerity, and causes you to feel that God cannot accept you; but you need not despair. What you need to understand is the true force of the will. This is the governing power in the nature of man, the power of decision, or of choice. Everything depends on the right action of the will. The power of choice God has given to men; it is theirs to exercise. You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections will be centered upon Him, your thoughts will be in harmony with Him.

Desires for goodness and holiness are right as far as they go; but if you stop here, they will avail nothing. Many will be lost while hoping and desiring to be Christians. They do not come to the point of yielding the will to God. They do not now choose to be Christians.

Through the right exercise of the will, an entire change may be made in your life. By yielding up your will to Christ, you ally yourself with the power that is above all principalities and powers. You will have strength from above to hold you steadfast, and thus through constant surrender to God you will be enabled to live the new life, even the life of faith.

## Practical Advice: Self-Management

Pray>Study>Serve

Set boundaries.

Focus on gratitude not entitlement.

Parenting: Discipline

"Children are not born with self-discipline; therefore they have to have "other-discipline" (Cloud & Townsend, 1998, p. 20).

## How to talk so your children will not think

Tell them exactly what you think all the time.

Evaluate their ideas or statements as soon as they make them. Label them as "good" or "bad."

Repeat to them the great things you did as a child.

Prevent your children from making mistakes.

Be serious at all times

Do as I say, not as I do.

Present yourself as perfect.

Recommended Reading:

## Ministry of Healing

Section: The Worker's Need

### Chapters:

Help in Daily Living  
In Contact with Others  
Development and Service  
A Higher Experience