

3. Can you identify at least one individual you “invited” into “the box” towards you prior to acknowledging your self-deception? In hindsight, what destructive cycles may you have avoided if you decided to not enter into “collusion” with others?
4. Pray about taking the 360° assessment.
5. Is there a need for heart change and transition at this moment in your life? Prayerfully consider this.

## **SECOND SESSION: UNDERSTANDING EMOTIONAL INTELLIGENCE (Optional)**

**Complete prior to Third Meeting - \_\_\_\_\_ date & time \_\_\_\_\_**

- Read Part VI (“The Power in the Future”) of the book Emotional Intelligence and The Church.
- What are some specific action plans you have taken to assist you in getting “out of the box”?
- How has the book helped you acknowledge emotional health as an essential part of our walk in Christ and interaction with others?
- Prepare for a 20-minute group discussion regarding what you learned about yourself from the book Emotional Intelligence and the Church.
- In your group discussion, provide a conversational response to the following questions.
  1. How are you made by God to feel/experience emotions?
  2. How do we use biblical truth to minister to someone undergoing psychological healing/treatment? Can biblical truth compliment medical treatment?
  3. How do we address forgiveness in terms of bitterroot judgments, parental inversion, and substitute mates?
  4. How do you envision yourself after God ministers to you on this deeper, personal level of the soul? Do you sense God encouraging you with the fruits of going through this life-transforming process? Please prayerfully consider.
  5. What does a church with pastoral staff (which experienced the power of healing, deliverance, and now understand emotional intelligence) look like? How would do you see God using such a group of church leaders to impact Christians and nonChristians?

## **COACHING SESSION: Individualized Coaching (Optional)**

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[www.emotionalspiritualcenter.org](http://www.emotionalspiritualcenter.org)



The CENTER for EMOTIONAL  
and SPIRITUAL DEVELOPMENT

# Emotional Development Program

*Following the Good Shepherd's Heart*



# EMOTIONAL

## What is it?

Christians struggle with the increasingly noticeable gap of inconsistency between preaching the Word of God and truly knowing the Word of God. Part of this struggle is due to the oversight of mainstream theology that does not address the full redemption of the believer on the soul-level in terms of mind, will, and emotions. Although Church leaders are offered quality training and education in term of teaching Scripture and applying some helpful secular principles of leadership in terms of decision-making, the emotional aspect of the soul has been a neglected realm of study and application for many Christians, especially for those who face the daily challenges of being in full-time ministry. *Following the Good Shepherd's Heart* is the Emotional Program of the Center for Emotional and Spiritual Development (CESD) which will address emotional health and its subcomponents where it is applicable in the Christian faith.

## Who is it for?

*Following the Good Shepherd's Heart* is a three-tiered Emotional Program designed for pastors and pastoral candidates to enhance leadership development by addressing emotional health. The topics pastors will be instructed and coached on will be practical: Understanding Emotions, Emotional Intelligence, and Inner Healing.

## How will it be done?

This program will focus on improving your leadership's effectiveness by optimizing your emotional intelligence in conjunction to your spiritual growth as a believer in Christ and pastor. This program offers the opportunity for self-assessment to probe, assess, and evaluate your own understanding and overall effectiveness as a leader and addresses the state of emotional health in mainstream churches. The self-assessment is comprised of a 133-question survey completed online. The Center for Emotional and Spiritual Development will run the reports and offer personalized coaching to strengthen any areas of emotional health concerning each pastor. This self-assessment can be expanded (as an option) to an EQ-360 assessment, where each pastor will receive supportive feedback from twelve other trusted individuals who participate regularly in his/her close circles of personal and ministerial life.

## What will be done?

Over the course of 2013 there are scheduled meetings designed to assist the pastors in leadership development by addressing emotional health.

### Meeting Times

These meetings will be held at \_\_\_\_\_ unless otherwise noted. Please mark these dates and protect your calendar.

- First Meeting Date: \_\_\_\_\_
- Second Meeting Date: \_\_\_\_\_
- Third Meeting Date: \_\_\_\_\_

# DEVELOPMENT

## Reading Plan

Please read pages 1-61 (covering Chapters 1-3) of *Emotional Intelligence and the Church* by Rupert Hayles. The book should be read in its entirety prior to our first meeting. You will be expected to read the remainder of the book in congruence with our actual meetings.

## Self-Evaluation Exercises

In an effort to improve your leadership skills the following exercises should be performed prior to the scheduled meeting.

### Complete prior to First Meeting- \_\_\_\_\_ date & time \_\_\_\_\_

- Read Part IV ("Our Current Disposition") of the book *Emotional Intelligence and The Church*.
- Complete the below exercises within a 20-minute period.
  1. What does the role of culture play in one's spiritual growth if pride is a prevalent dynamic in upbringing? (page 146)
  2. Is it possible to confuse consistent and optimal serving in the church, which is detrimental to actually serving oneself and family? (page 146)
  3. Is serious psychological disorder an impediment or a significant foundation to spiritual success? (page 159)
  4. How does involvement in sexual activity affect one emotionally? Can you live a spiritually fulfilling life and yet at the same time suffer from emotional shortcomings in the sexual arena? (page 178)
  5. How important is it to deal with emotional trauma during ministry service and how does and should one address it? (page 206).

## FIRST SESSION: KNOWING OUR SOUL

### Complete prior to Second Meeting - \_\_\_\_\_ date & time \_\_\_\_\_

#### Focus on Your Family

- Read Part V ("The Power of the Next Step") of the book *Emotional Intelligence and The Church*.
- Complete the EQ Self-Assessment.
- Complete the below exercises within a 20-minute period.
  1. Can you think of a time when you could have been more empathetic with someone because of what they said or did? Prayerfully ask God to give you insight, listen to Him, and write down what He revealed to you. (page 233-234)
  2. How has the book helped you to address your own self-deception? In what way will the organization benefit by your adjusted perspective as a leader? Your answer should be no more than a paragraph in length.