



Pause. Process. Respond.

A 24-DAY CHRISTIAN EMOTIONAL INTELLIGENCE DEVOTIONAL

Four weeks | Six days each week | Two minutes each day

Hear. Pause. Pray. Return.



Hello



HOW TO USE THIS DEVOTIONAL



Read one devotional each day for six days after the weekly Bible study. Each reading follows the teaching process from the original notes and should take about two minutes.

- 1 Read the Scripture in your preferred Bible translation.
- 2 Read the reflection slowly.
- 3 Answer the reflection question honestly.
- 4 Pray the short prayer in your own words.
- 5 Complete the practice step before the next day.

THE FOUR-WEEK PATH

Week 1: Hear and name | Week 2: Stop and regain self-control

Week 3: Process with God | Week 4: Return and pursue resolution



WEEK 1



Hear It and Name It



Help participants slow down, acknowledge what was actually said, and identify whether they feel hurt or offended before responding.

SUPPORTING SCRIPTURES

James 1:19-20 | Proverbs 18:13 | Psalm 139:23-24



WEEK 1 | DAY 1

Listen First

James 1:19-20



TODAY'S REFLECTION

A difficult statement can make you want to answer immediately. Your first work is to hear it. Slow down enough to receive the actual words before you defend yourself. Being quick to listen does not mean that you agree. It means you are refusing to build a response on words that were never spoken. Stop talking for a moment. Let the sentence finish. Then ask yourself, "What did I actually hear?" A controlled response begins with accurate listening.

REFLECT What words were actually spoken, without your interpretation?

PRAY God, help me listen before I speak and slow down before anger takes control.

PRACTICE Repeat one difficult sentence using only the words that were spoken.





WEEK 1 | DAY 2

Acknowledge What Was Said

Proverbs 18:13

TODAY'S REFLECTION

After listening, acknowledge what was said. You can say, “I heard you,” or repeat the main point in your own words. Acknowledging is not surrendering your opinion. It confirms that you are responding to the real statement instead of an assumption. When a person answers before listening, confusion grows. When you acknowledge first, you create room for a mature conversation. Today, practice letting understanding come before explanation.

REFLECT How can you show that you heard someone without pretending to agree?

PRAY God, keep me from answering before I understand.

PRACTICE Use this sentence today: “What I hear you saying is...”



WEEK 1 | DAY 3

Name the Emotion

Psalm 139:23-24



TODAY'S REFLECTION

Once you have heard the words, notice what is happening inside you. Are you hurt, offended, embarrassed, angry, or dismissed? Naming the emotion helps you understand why your response feels urgent. Ask God to search your heart. Do not hide the feeling from Him and do not let the feeling make the decision for you. An emotion can be acknowledged without being placed in control.

REFLECT What emotion are you feeling right now?

PRAY God, search my heart and help me name what I feel honestly.

PRACTICE Write one sentence: "When I heard that, I felt..."





WEEK 1 | DAY 4

What Made It Hurt?

Psalm 139:23-24



TODAY'S REFLECTION

Sometimes the pain comes from the words. Sometimes it comes from the tone, the place, the timing, or the person who spoke. Ask the questions from the teaching: Was it what they said? How they said it? Where they said it? Who said it? These questions do not erase the hurt. They help you locate it so you can speak clearly later instead of reacting to everything at once.

REFLECT Was the hurt connected to what, how, where, or who?

PRAY God, show me the true source of my reaction.



PRACTICE Circle one word: what, how, where, or who. Then explain why.



WEEK 1 | DAY 5

Notice the Trigger

Psalm 139:23-24



TODAY'S REFLECTION

A present conversation may touch a previous experience. The words may remind you of a time when you did not speak up, were not heard, or did not respond the way you wanted. Ask what part of you was affected. Identifying an old trigger helps you keep yesterday's pain from taking over today's conversation. Bring both the present moment and the earlier experience before God.

REFLECT Does this moment remind you of something that happened before?

PRAY God, help me see what belongs to this moment and what belongs to an earlier hurt.

PRACTICE Write the present event in one sentence and the earlier memory in another.





WEEK 1 | DAY 6

Hear It Without Adding to It

Proverbs 18:13



TODAY'S REFLECTION

Return to the statement one more time. Say it in a normal voice without the attitude that upset you. Listen through your own ears. Remove the extra meaning you may have added before you knew the person's intent. You are not denying their tone. You are preparing to ask better questions. Mature communication begins when you know the difference between what was said and what you assumed it meant.

REFLECT What assumption can you remove from the statement?

PRAY God, help me hear clearly and prepare a mature response.



PRACTICE Say the statement twice in a calm voice. Write one question you need to ask.