



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 2



Stop and Regain Self-Control

Teach participants to pause respectfully when emotion is overpowering them and to give a responsible time for returning to the conversation.

SUPPORTING SCRIPTURES

Galatians 5:22-23 | Ephesians 4:26-27 | Proverbs 29:11 | Ecclesiastes 3:7



WEEK 2 | DAY 1

Stop in Your Tracks

Proverbs 29:11

TODAY'S REFLECTION

When emotion rises quickly, stop. Stop talking. This pause is not weakness. It keeps the first reaction from becoming the final response. The teaching notes call you to identify what you heard and what you feel before continuing. You do not have to answer every difficult statement in the same moment it is spoken. Give self-control a chance to lead.

REFLECT What happens when you keep talking while emotion is overpowering you?

PRAY God, help me stop before my emotions choose my words.

PRACTICE Practice a five-second silent pause before answering today.



WEEK 2 | DAY 2

Choose Self-Control

Galatians 5:22-23

TODAY'S REFLECTION

Christian emotional intelligence depends on the fruit of the Spirit, especially self-control. Self-control does not mean you have no emotions. It means the emotion does not control your mouth, your tone, or your next action. Ask the Holy Spirit to help you respond in a way that reflects love, patience, gentleness, and peace.

REFLECT Which fruit of the Spirit is most needed in your current situation?

PRAY Holy Spirit, grow self-control in me and guide my response.

PRACTICE Before one conversation today, quietly say, "Spirit of God, lead me."



WEEK 2 | DAY 3

Step Away Respectfully

Ecclesiastes 3:7



TODAY'S REFLECTION

If you cannot have a mature conversation because emotion is overpowering you, remove yourself respectfully. Do not storm away. Do not punish the person with silence. Say that you need time to process what was said and form a controlled response. There is a time to be silent and a time to speak. Wisdom helps you know which time you are in.

REFLECT What would a respectful pause sound like in your own words?

PRAY God, teach me when to be silent and when to speak.



PRACTICE Write a one-sentence respectful exit.



WEEK 2 | DAY 4

Give a Return Time

Ephesians 4:26-27

TODAY'S REFLECTION

When you ask for space, tell the person how much time you need. A return time shows that you are not avoiding the issue. It also keeps the offense from sitting unattended. The longer anger and assumptions remain unaddressed, the more opportunity there is for the issue to grow into something it should not be.

REFLECT What return time would be clear and responsible?

PRAY God, help me deal with hurt promptly and maturely.

PRACTICE Complete this sentence: "I need time to process. Can we talk again by...?"



WEEK 2 | DAY 5

Give It Proper Attention

Psalms 4:4

TODAY'S REFLECTION

Do not try to process the emotion while you are doing several other things. Give it focused attention. Sit with what you heard. Name the emotion. Take the issue to God. Focused processing keeps you from carrying an unnamed feeling into every other part of your day.

REFLECT What distraction keeps you from dealing honestly with your emotions?

PRAY God, help me be still and give this matter the attention it needs.

PRACTICE Set aside ten quiet minutes with no phone or other task.



WEEK 2 | DAY 6

Do Not Take Forever

Ephesians 4:26-27

TODAY'S REFLECTION

Time can help you calm down, but endless delay can give anger and wrong conclusions more room. Use the time you requested. Pray. Think. Write. Prepare. Then return when you said you would. A healthy pause moves toward a mature conversation. Avoidance only stretches the conflict.

REFLECT Have you paused to process, or delayed to avoid?

PRAY God, give me courage to return when the time is right.

PRACTICE Identify one conversation you need to return to and choose a date.