



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 3



Process the Emotion With God

Lead participants to take the emotion to God, identify the deeper source of the reaction, hear the statement without its original tone, and seek mature perspective.

SUPPORTING SCRIPTURES

Psalm 62:8 | Philippians 4:6-8 | Psalm 139:23-24 | Proverbs 15:22 | 2 Corinthians 10:5



WEEK 3 | DAY 1

Take the Emotion to God

Psalm 62:8

TODAY'S REFLECTION

God created emotions, so bring the emotion to Him before you bring it back to the person who offended you. Pour out your heart honestly. Tell God what hurt, what made you angry, and what you are afraid the words meant. You do not have to make the emotion smaller for God. You need to invite Him into it.

REFLECT What have you told other people that you have not yet told God?

PRAY God, I pour out my heart to You. Help me handle this situation with You.



PRACTICE Spend two quiet minutes telling God exactly what you feel.



WEEK 3 | DAY 2

Ask God How to Handle It

Philippians 4:6-8

TODAY'S REFLECTION

After naming the emotion, ask God, “How do I handle this situation?” Bring the conversation, the person, and your planned response into prayer. Let your thoughts be examined before you speak. Ask whether your response is true, mature, and controlled. The goal is not to pretend the words did not hurt. The goal is to let God guide what happens next.

REFLECT What response are you considering, and have you placed it before God?

PRAY God, guide my thoughts and show me how to respond.

PRACTICE Write your planned response, then pray over every sentence.



WEEK 3 | DAY 3

Ask Why It Offended You

Psalm 139:23-24

TODAY'S REFLECTION

Walk through the questions slowly. Why did that offend me? Was it the tone? The wording? The place? The speaker? What part of me did it affect? Honest questions help uncover what is beneath the first reaction. Ask God to show you if an earlier wound is speaking loudly in the present moment.

REFLECT What part of you felt affected by the statement?

PRAY God, reveal what is beneath my reaction and lead me in Your way.

PRACTICE Answer one “why” question in writing without blaming the other person.

Remove the Original Tone

Proverbs 15:1

TODAY'S REFLECTION

Say the statement aloud in a normal voice. Do not copy the attitude or tone that upset you. Hearing the same words calmly can help you separate content from delivery. You may still need to address the way the person spoke. First, make sure you understand what they were trying to communicate.

REFLECT What do the words mean when the upsetting tone is removed?

PRAY God, give me a gentle answer and a clear understanding.

PRACTICE Repeat the statement calmly and write what information it contains.



WEEK 3 | DAY 5

Prepare Mature Questions

Proverbs 20:5

TODAY'S REFLECTION

Once you can hear the statement without the offense attached, prepare questions. Ask why the person did not like the idea. Ask what part did not work. Ask whether more information would help. Mature questions seek understanding instead of creating another argument.

REFLECT Which question would help you understand instead of accuse?

PRAY God, give me questions that draw out understanding.

PRACTICE Write two questions that begin with "What" or "How."



WEEK 3 | DAY 6

Choose Wise Perspective

Proverbs 15:22

TODAY'S REFLECTION

You may need to write your thoughts, record a voice message, or ask someone for perspective. If you ask another person, leave out names and identifying details. Do not choose someone who will only agree with you. Choose someone who will call you toward maturity. The goal is not to build a side. It is to test whether your response is controlled and wise.

REFLECT Who can give you an unbiased and mature perspective?

PRAY God, lead me to counsel that helps me grow.

PRACTICE Share your planned response without naming the other person and ask for honest feedback.