

LIFE SKILL OF THE WEEK: EMOTIONAL CONTROL

Written by Joe Keim and taught in a group setting

1. Opening Thought

- Emotional control means **managing your emotions instead of letting your emotions manage you.**
- Feelings are real, but they are not meant to be in charge.

Explain: *“You are allowed to feel, but you are not allowed to let feelings control your choices.”*

- Learning emotional control helps prevent regret and broken relationships.
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2. Scripture (KJV)

Proverbs 16:32 – *“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.”*

Explain: Self-control is a greater strength than physical power.

Galatians 5:22–23 – *“But the fruit of the Spirit is love, joy, peace... temperance...”*

Explain: Emotional control grows as the Holy Spirit works in us.

Proverbs 29:11 – *“A fool uttereth all his mind: but a wise man keepeth it in till afterwards.”*

Explain: Wisdom knows when to speak and when to stay quiet.

3. Discussion Questions

1. Which emotion do you struggle to control the most?
 2. What usually triggers strong emotions?
 3. What happens when emotions take over?
 4. How can emotional control help your future?
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4. Practical Examples

1. **Anger:** Pausing before responding instead of reacting.
2. **Hurt feelings:** Talking things through instead of shutting down.
3. **Stress:** Taking a breath, praying, or stepping away.
4. **Words:** Not saying everything you feel in the moment.

5. **Conflict:** Choosing calm responses over emotional outbursts.

Explain: emotional control does not mean ignoring feelings. It means handling them wisely.

5. Challenge for This Week

Ask each person to choose **one way** to practice emotional control for the next 7 days.

Have them finish this sentence on paper:

“This week I will practice emotional control by _____.”

Examples:

1. “I will practice emotional control by pausing before I speak.”
 2. “I will practice emotional control by not reacting in anger.”
 3. “I will practice emotional control by praying when I feel overwhelmed.”
 4. “I will practice emotional control by walking away when emotions are high.”
 5. “I will practice emotional control by speaking calmly.”
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6. Closing Thought

Remind them: *“You cannot always control what you feel, but you can control how you respond.”*