

# Chodesh Report

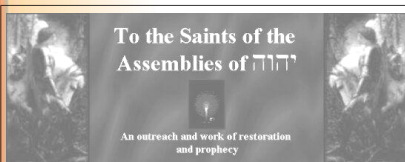
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## “Emotional Intelligence”



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The *Chodesh Report* is an open dialog of topical research and studies based upon the years of experience of TTSAOY Chaplaincy and like-minded Associates.

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### Scriptural Allusions I

For a small moment have I forsaken thee; but with great mercies will I gather thee. In a little wrath I hid my face from thee for a moment; but with everlasting kindness will I have mercy on thee, saith YHVH thy Redeemer. (Isa 54:7-8, RNKJV)

### Part I: What Is Emotional Intelligence?

The topic of Emotional intelligence [EQ] may strike some as a frivolous matter and yet others like an epiphany. However, upon understanding what EQ really is, most like what they hear. EQ is a relatively new word-phrase that has both individual and institutional business interests. While businesses clamor over the hope of higher productivity and fewer co-worker conflicts, some individuals see its potential for self, interpersonal improvements and advancement in job and career opportunities. Individuals can experience better relationships and easier transitions during life's challenges. Employees can expect better communications, better co-worker relations, and improved behavior towards themselves and others.

This month, we will discuss what Emotional Intelligence is, and what it is not. In the second part, we will discover what the scriptures say about it. Since this is a clinical topic, section one is primarily a collection of empirical research used as its primary source of information. Section two discusses the scriptural view of EQ and offers an explanation why this can be so important to the saints' spiritual development.

### What EQ Is

There are subtle distinctions between the meanings of emotional intelligence [EQ], and emotional maturity [EM], sympathy, empathy and their various synonyms. Although many share this ability from birth, many do not understand its function and need-fulness in personal development and interpersonal relations. Neglect and misuse often result in a reactionary and undisciplined life causing all sorts of problems in personal affairs and the process of clear-headed decision making. Awareness can enhance one's life in ways some only dream of while others who neglect it stand in admiration, or envy, of those who do. So what is emotional intelligence? Psychologist, writer, educator and rehabilitation specialist Kendra Cherry offers this definition,

Emotional intelligence (EQ) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic.

Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. In their influential article

"Emotional Intelligence," they defined emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions" (1990).

Cherry continues by outlining the process of EQ.

### The Four Branches of Emotional Intelligence

Salovey and Mayer proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability to reason using emotions, the ability to understand emotion and the ability to manage emotions.

1. **Perceiving Emotions:** The first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.
2. **Reasoning With Emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.
3. **Understanding Emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean. For example, if your boss is acting angry, it might mean that he is dissatisfied with your work; or it could be because he got a speeding ticket on his way to work that morning or that he's been fighting with his wife.
4. **Managing Emotions:** The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspects of emotional management.

According to Salovey and Mayer, the four branches of their model are, "arranged from more basic psychological processes to higher, more psychologically integrated processes. For example, the lowest level branch concerns the (relatively) simple abilities of perceiving and expressing emotion. In contrast, the highest level branch concerns the conscious, reflective regulation of

emotion" (1997) ... (Cherry, 2013).

Distinctions are made between emotional maturity and various intuitive responses such as sympathy or empathy. The differences rest in the ability of EQ to accurately interpret one's own (and others) emotional behaviors, to manage them appropriately, and to affect helpful and productive responses. EQ is an important element in the process required for correct discernment in various environments. We will explore how that works in matters of spiritual development later in section two.

### What EQ is Not

EQ is NOT the same as aptitude, neither is it a measure of one's over-all intelligence but plays an important role in it. EQ is also not the same as emotional maturity [EM]. Although EM is closely related, EM's focus is upon behavioral maturity as compared to age-group norms. To better understand EQ, let's clarify with a few definitions. Here it is helpful and insightful to explore the root of a few words that are often closely associated to the term emotional intelligence.

**Aptitude** (noun) Aptitude \Apt"i\*tude\, n. [F. aptitude, LL. aptitudo, fr. L. aptus. See Apt, and cf. Attitude.]

1. A natural or acquired disposition or capacity for a particular purpose, or tendency to a particular action or effect; as, oil has an aptitude to burn.
2. A general fitness or suitability; adaptation.

**Intelligence** \In\*tel"i\*gence\, n. [F. intelligence, L. intelligentia, intellegentia. See Intelligent.]

1. The act or state of knowing; the exercise of the understanding.
2. The capacity to know or understand; readiness of comprehension; the intellect, as a gift or an endowment. [1913 Webster]

**Emotional intelligence** (noun) Skill in perceiving, understanding, and managing emotions and feelings. Abbreviation: EQ.

**Emotional maturity** (noun) is a personality trait, the result of emotional development and the display of emotion appropriate to one's chronological age.

NOTE: EM usually reflects increased emotional adjustment and emotional stability and the attainment of emotional self-regulation, but not always so. This is another subtle distinction between EQ and EM.

## Why Is EQ Important?

As we know, it's *not* the smartest people that are the most successful or the most fulfilled in life. You probably know people who are academically brilliant and yet are socially inept and unsuccessful at work or in their personal relationships. Intellectual intelligence (IQ) isn't enough on its own to be successful in life. Yes, your IQ can help you get into college, but it's your EQ that will help you manage the stress and emotions when facing your final exams.

Emotional intelligence affects:

- **Your performance at work.** Emotional intelligence can help you navigate the social complexities of the workplace, lead and motivate others, and excel in your career. In fact, when it comes to gauging job candidates, many companies now view emotional intelligence as being as important as technical ability and require EQ testing before hiring.
- **Your physical health.** If you're unable to manage your stress levels, it can lead to serious health problems. Uncontrolled stress can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. The first step to improving emotional intelligence is to learn how to relieve stress.
- **Your mental health.** Uncontrolled stress can also impact your mental health, making you vulnerable to anxiety and depression. If you are unable to understand and manage your emotions, you'll also be open to mood swings, while an inability to form strong relationships can leave you feeling lonely and isolated.
- **Your relationships.** By understanding your emotions and how to control them, you're better able to express how you feel and understand how others are feeling. This allows you to

communicate more effectively and forge stronger relationships, both at work and in your personal life.

... (Cherry, 2013).

Of the three major domains of human development (listed below with brief definitions), it is the development in moderation with all three that results in normal development during maturation. If a person experiences an unbalance in any or all of these three domains from birth to young adulthood [age 22], the results are life-long nagging problems in matters ranging from learning, to communications, interpersonal relations, and even intimate relations.

1. Biosocial-physical growth including aging, health and the effect of nature/nurture factors
2. Cognitive - mental growth such as language acquisition, thinking, memory and education/ learning
3. Psychosocial-social growth - emotional, relational, and interpersonal development

Any imbalance in the process developing these three domains can result in long term problems with life; issues that can often find their roots in a deficit of EQ.

More seriously, one will experience great difficulty, if not obstructed entirely, in matters of the pursuit of truth and their spiritual development. 15 does not equal 17, however, 15 + 2 does. Yes, it is entirely possible to attain for most, but the process is not a typical afternoon of introspect and meditation by any stretch. It sometimes requires a serious change of heart induced by some serious personal matter - if not traumatic experience.



TIP: A quick way to establish one's EQ in a balanced way is to submit to YHWH's will in your life.

We have provided a helpful article in the '**For Your Consideration**' box below that offers some suggestions for improving one's EQ.

## Influences affecting EQ Development

A secondary issue regarding EQ is the psychosocial influences and their contributions to the over-all development of the spirit of man. L. Erickson, leader in psychosocial psychology, offered his insights into its development as a progression of learning through stages of maturation from infancy through old-

age.

As author, I place significant importance upon the 3<sup>rd</sup> of the major domains in psychology: psychosocial development. Why? We are designed as social creatures and subsequently we are greatly influenced by our peers. Everything from language to behavior are influenced by our environments. Biological maladies and cognitive deficits aside, of the three psychosocial bears the burden of environmental influence and is the hardest of all to overcome. The power of EQ, therefore, stands on its own merit with respect to our over-all development, or development in moderation, as the scriptures suggests (Phil 4:5-9).

The "half-life" of clinical neuropsychology, or the amount of time it takes to lose half your knowledge if you don't seek new learning opportunities is 5 years, projects a 2012 report in Professional Psychology: Research and Practice. Psychoanalysis, on the other hand, has a "half-life" of 15 years. (APA gradPSYCH, 2013)

And just how does this matter of EQ effect our spiritual development? The answer waits for those who seek truth in the best book on psychology and spiritual guidance found in all of creation, the Bible.

#### Scenario 1

Jimmy is a 12 year old adolescent. His mother takes good care of the home and works part-time as a secretary at the local elementary school. Jimmy's father is a contractor who's personality is fitting to the rigors and demands of contract time-limits and peer pressures from building specialist contractors. When at home, Jimmy's father continues in this persona and is quite demanding at times. As a father, he senses Jimmy is at a vulnerable stage and tries to impress the importance of manhood upon him. He lacks finesse and often is not aware of the bullying that Jimmy receives at school from schoolmates. Jimmy, as a result, feels neglected by his mother's absence sometimes, and that his father is intimidating at times.

Jimmy's days are spent playing video games, watching TV, 'cruising the web', and even self-taught himself to 'hack code' on his computer. Mostly, Jimmy feels lonely.

As Jimmy reaches his mid-teen years, he finds it difficult to blend in and to make friends with schoolmates and neighboring kids. He gets involved in a clique and becomes a member of the 'Goth' trend. Jimmy regards them as a better consult than those outside his age groups and older

people - like parents. The culture of this new friendships shares an emotive view and discusses almost everything from a negative view. Jimmy becomes quiet and further withdrawn over time. He soon begins to spend most of his time in front of his computer monitor searching for other like-minded young teens with whom to share his loneliness.

Jimmy becomes cynical. Communications are cryptic due to the excessive time spent on his computer. For fun, one day Jimmy decides to hack into the school's computer records to explore any opportunities to seek revenge for the perceived bullying he and others in his Goth group experience. Jimmy gets caught and sent to juvenile detention ... a precursor to a pattern that Jimmy would repeat again, and again throughout his adolescence and into young adulthood.

Due to preoccupations the absence of awareness of Jimmy's problems went unnoticed. The lack of time spent with their son during his vulnerable years also has instilled a sense of loneliness in Jimmy. Jimmy, and his parents, continue to experience social and personal relationship problems throughout their lives.

EQ could play an important role towards healing in this scenario.

## ***Part II: Emotional Intelligence: A Scriptural View***

To the saints, EQ can have a significant influence. Although contemporary words such as empathy, sympathy, and pathos are not found in the Authorized Version [AV] of the Bible, there are many examples that demonstrate presence of EQ. Likewise, there are words in the scriptures that better identify a more complete meaning and purpose of emotional intelligence when considered as contributing to the whole.

### *Moderation*

*Let your moderation be known unto all men.*  
(Philippians 4:5, RNKJV)

Marvin R. Vincent, a recognized specialist of meanings, derivations, and uses of significant Greek words and idioms in the New Testament, offers a more contextually accurate definition where it was used in similar context in 1 Peter 2:18 and the term 'moderation' is translated as '*forbearance*' (see Strong's G1933).

According to Jamieson, Fausset, & Brown, Paul's use of the word moderate derives from "a Greek root, "to yield," whence *yieldingness* [TRENCH]; or from a root, "it is fitting," whence "*reasonableness of dealing*" [ALFORD], that considerateness for others, *not urging one's own rights to the uttermost ...*" (1961).

Moderation is a theme we find often in the scriptures - Total KJV Occurrences of H6666: 157; Total KJV Occurrences G1933: 5.

### Compassion

*But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd. (Matt 9:36, KJV)*

Yah'shua fully displays compassion in many examples throughout His ministry. Perhaps the most compassionate and heart rendering event in all the New Covenant was in the words, "**Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?**"

John Gill's *Exposition of the Entire Bible* (1690-1771) adds,

At this time, **Jesus cried with a loud voice:** as in great distress, having been silent during the three hours darkness, and patiently bearing all his soul sufferings, under a sense of divine wrath, and the hidings of his Father's countenance, and his conflicts with the powers of darkness; but now, in the anguish of his soul, he breaks out, **saying, Eli, Eli, lama sabachthani:** which words are partly Hebrew, and partly Chaldee [Aramaic]; the three first are Hebrew, and the last Chaldee, substituted in the room of "Azabthani"; as it was, and still is, in the Chaldee paraphrase of the text in Ps 22:1, from whence they are taken; **that is to say, my God, my God, why hast thou forsaken me?** He calls him his God, not as he was God, but as he was man...

Applicable to our topic, two significant models of righteous behavior leap to the forefront from this historical event: 1. Yah'shua demonstrates *compassion* to a malefactor even while under great agony by His martyrdom (Luk 23:39-43), and 2. He responds to His sense of abandon... "*as he was man*" (Mat 27:46; Luke 23:46)."

Note: Many "theologians" offer as many theosophical explanations to this verse as they are themselves numbered, but by reading from valid sources we can accept these words just as they present themselves without the mixing or

expressing of confused philosophical and theological biases into its meaning. It is noteworthy to understand that not only the English Bishop's, Geneva, and 1611 KJV English Bible have the most accurate translations available, but that also what we now call the Old Syriac, koine Greek, and Old Latin were also primary languages of that day. Although Gill expresses his comments from a Christian point of view, as also many other faithful men did/do, finding texts that are directly translated (or better yet, transliterated) from those antiquated languages, such as Gill's and certain others, will confirm these comments. We at TTSAOY call this applying the principle of triangulation ... in two or three (*valid!*) witnesses a thing can be established (Deu 19:15; Mat 18:16).

### Lasting Examples

In the scriptures we read how Yeshua was able to understand the hearts of men (Mat 9:4; Mar 2:8; Luke 5:22). Among His many teachings, Yeshua instructed the saints to emulate, to 'be perfect' as the Father (Mat 5:48; 2 Cor 13:11; Rev 3:2). We have a role model in Yeshua. We are given His example (Joh 13:15; 1 Pet 2:21) that we may better understand how we may practice YHWH's will in our own lives.

*And Yeshuw`a went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when he saw the multitudes, he was moved with compassion on them, because they fainted [were destitute and abandoned], and were scattered abroad, as sheep having no shepherd. Then saith he unto his Talmidim [disciples], The harvest truly is plenteous, but the labourers are few; Pray ye therefore the YY [Master] of the harvest, that he will send forth labourers into his harvest. (Matt 9:35-38, HKJV+S)*

Paul imparts this same message when talking to the Corinthians. He says,

*"Be ye imitators of me, as I also of Christ"*

### Scriptural Allusions II

*And about the ninth hour Yeshua cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My Elohim, my Elohim, why hast thou forsaken me? (Matt 27:46, RNKJV)*

(1Cor 11:1, SLT).

*Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; ... (Heb 2:14, RNKJV)*

Yah'shua experienced the same as we: first as a child, as a young adult, and prior to the beginning of His ministry, Yeshua spent 40 days in the wilderness being tested, purging the spirit of man and growing in righteous character and relationship with Elohim YHWH. Yeshua experienced much of what we today suffer, and much, much more. Yet, no sin was found in him (1 Pet 2:22; 1 Joh 3:5).

Ought we not to follow after the example of Yah'shua? Is it possible? Should we learn and adapt Yah'shua's ability to understand the hearts of men also? Yes, yes, and emphatically yes!

*Spiritual significance of EQ*

Yah'shua Himself demonstrated for us the importance in our over-all development, its usefulness in interpersonal relations, and its significance in His communications, behavior, and treatment of others. He is the perfect example of how spirit of man accompanied with help from Comforter can effectively and more correctly practice the powers given to the saints upon inception and gifting of the gifts of the Spirit.

FRUITS	GIFTS	POSITIONS
Love	Wisdom	Apostles
Joy	Prophecy	Prophets / Evangelists
Peace	Knowledge	Pastors / Teachers
Long-suffering	Miraculous powers	Miracle workers
Gentleness	Healing	Healers
Goodness	Helps	Helpers
Faith	Organizational skills	Managers
Meekness	Tongues	Speakers in tongues
Temperance	Interpretation	Interpreters

*Table by courtesy of D.B. Laughran, Stewarton Bible School*

In the Book of Esther, we read an excellent example of the 'spiritual application' of EQ.

Upon hearing of Haman's plot to deceive the King and to appease his fury over Mordecai's refusal to bow to him, Mordecai was moved to tears with compassion when the King spoke an edict to eradicate all Jews in his domain.

Note: Mordecai and Esther were Benjamites. Long ago, all the 12 tribes of Israel were categorized by secular nations and simply re-labeled as 'Jews' because they shared a common rule of law – the Torah – prophetically referred to as the scepter which “shall not depart from Judah (Gen 49:10).

It was under Mordecai's guidance that Esther planned to intercede with her King-husband's edict to destroy all the Jews. The following is an accurate outline of the sequence of events.

### OUTLINE OF ESTHER

#### I. FEASTS OF XERXES (=Ahasuerus, 486-465BC)

The Rise of Esther: 1:1-2:23  
A dethroned queen and a discovered queen

##### 1. The **Wife Who Refused to Obey** Her Husband, chap.1

- A. The great 180-day banquet of Xerxes (1:1-4)
- B. A 7-day banquet (1:5-9)
- C. Vashti's reluctance to expose herself to the drunken crowd (1:10-12)
- D. Vashti deposed (1:13-22)

##### 2. The **Beauty Contest** to Choose a Real Queen, chap.2

- A. The search for a new queen 2:1-4
- B. The discovery and approval of [Esther 2:5-18](#)

Esther prepared (2:5-11)  
Esther chosen (2:12-18)

##### C. Mordecai's revelation of a plot against the king (2:19-23)

#### II. FEASTS OF ESTHER

The Rise and Fall of Haman, 3:1-7:10  
Haman's schemes against the Jewish people in Persia

##### 1. Haman's Anti-Semitism - Plot to Kill Mordecai and the Jews (3:1-15)

- A. Haman's hatred (3:1-6)
- B. Casting lots (purim) to determine suitable date for the mass execution (3:7)

C. Haman convinces the king by misrepresenting against Jews (3:8-9)  
 D. Haman's decree signed and circulated (3:10-15)

**2. For Such a Time as This** - Mordecai's reminder to [Esther 4:1-17](#)

A. Mordecai weeps and fasts (4:1-3)  
 B. Mordecai convinces Esther to intercede (4:4-17)

**3. Esther's two banquets 5:1-7:10**

A. The Scepter of Grace and the nobility of Esther - Esther's first banquet for king and Haman (5:1-8): 2 intentional delays before she made the request  
 B. Haman's scheme against Mordecai to rid himself of Mordecai (5:9-14)

1. Haman's increasing hatred (5:9-10a)
2. Haman brags to wife and friends (5:10b-13)
3. Wife and friends suggest building a gallows on which to hang Haman (5:14)

C. King rewards Mordecai for faithful service - God deprives king's sleep at night while Haman was sleeping ... (6:1-13)

1. King is reminded of Mordecai's service - Chronicles(6:1-3)
2. Haman unwittingly provides most elaborate methods for rewarding Mordecai (6:4-9)
3. Haman's humiliation - Haman forced to honor his worst enemy Mordecai (6:10-11)
4. Haman's

wife & friends see the sign of omen, yet Haman hurries to the party (6:12-14)

D. Esther's second banquet for king and Haman - The man who came to dinner died on the gallows & the decree from the banquet shakes the entire kingdom (7:1-7:10)

1. King and Haman arrive (7:1)
2. Esther pleads for her own life & Jews (7:2-4)
3. Esther reveals & charges Haman's treachery (7:5-7a)
4. Desperate Haman pleads for his life, but his actions are misinterpreted by the king (7:7b-8)
5. Haman hung on his gallows made for Mordecai (7:9-10)

**III. FEASTS OF PURIM 8:1-10:3**

Promotion of Mordecai and Deliverance of the Jews. ... (Stergio: Shin, 2009).

There are several main points to take home from this book.

1. It was not only fear, but compassion that motivated Mordecai and Esther to act proactively to intercede in Haman's deceitful influence upon the King's edict.
2. As also did Mordecai, Esther, and the whole of Israel (the so called Jews) fasted and prayed for several days. This time was needed to gain an audience with YHWH's and the required for His spirit to reveal a viable plan of action.
3. Esther's love both of her nation and King-husband could have created a conflict and hard

decision left only to the carnal spirit of man; however, Esther wrested upon the influence and wisdom of YHWH and executed perfectly a plan that would avoid offense to her King while concurrently saving the Jewish nation as well as revealing Haman for the vengeful narcissist that he was.

As a capstone to this event, it is also revealed that Purim was then adapted, by Mordecai's authority as a memorial, two days of remembrance of their deliverance (Esth 9:19-28) – to be observed upon the 12<sup>th</sup> new moon (Adar) on days 14 and 15 [... happens to be on a bright and shining full moon, as on certain other major feast days].

The take home message from these observations of the Esther's example: 'Spiritual EQ' can be viewed as righteous use of “the 'fruits' of the Spirit”.

### Conclusions

In this issue, we have learned that without understanding and careful and balanced reshaping of *spirit of man* and by submitting to YHWH's will with the guidance of the Ruach Chodesh, no one shall enter into the prophesied Kingdom of Zion. As a famous folk singer once wrote, “There are no sins inside the Gates of Eden” (Dylan, 1965).

To be that good and faithful servant the saints must be just [balanced] in their over-all development. These are they whom abide in the faith, implanted with YHWH's own Spirit guiding and strengthening them through the process known as conversion. It is a race not finished until the final quickening unto a blissful and eternal life as one among fellow saints and Patriarchs, to walk with Yeshua, and all this in the very presence and company of **Elohim Yahweh**.

And what insight did Yah'shua's inspire to be shared with us on the topic of emotional intelligence?

*For the word of 'Elohim is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. (Heb 4:12, HKJV+S)...*

*'Al-le-lu-Yah and Amen.*

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### ***For Your Consideration***

#### ***How to raise your emotional intelligence***

All information to the brain comes through our senses, and when this information is overwhelmingly stressful or emotional, instinct will take over and our ability to act will be limited to the flight, fight, or freeze response. Therefore, to have access to the wide range of choices and the ability to make good decisions, we need to be able to bring our emotions into balance at will.

Memory is also strongly linked to emotion. By learning to use the emotional part of your brain as well as the rational, you'll not only expand your range of choices when it comes to responding to a new event, but you'll also factor emotional memory into your decision-making process. This will help prevent you from continually repeating earlier mistakes.

To improve your emotional intelligence—and your decision-making abilities—you need to understand and control the emotional side of your brain. This is done by developing five key skills. By mastering the first two skills, you'll find skills three, four, and five much easier to learn.

#### ***Developing emotional intelligence through five key skills:***

Emotional intelligence (EQ) consists of five key skills, each building on the last:

- The ability to quickly reduce stress
- The ability to recognize and manage your emotions
- The ability to connect with others using nonverbal communication
- The ability to use humor and play to deal with challenges
- The ability to resolve conflicts positively and with confidence

#### ***How to learn the five key skills of emotional intelligence***

The five skills of emotional intelligence can be learned by anyone, at any time. There is a difference, however, between learning about emotional intelligence and applying that knowledge to your life. Just because you know you *should* do something doesn't mean you will—especially when you become overwhelmed by stress, which can hijack your best intentions.

In order to permanently change behavior in ways that stand up under pressure, you need to learn how to take advantage of the powerful emotional parts of the brain that remain active and accessible even in times of stress. This means that you can't simply read about emotional intelligence in order to master it. You have to experience and practice the skills in your everyday life.

With consideration of the skills needed for EQ development, where might you suggest one to search for additional advice?

## Rosh Chodesh 9, November 2013

The new moon should be visible within the realm of Israel on November 4, 2013 Jerusalem Standard Time [JST] after sunset.

Data for November:

Sunset	5:33 PM (JST)
Moonset	6:45 PM
Age	1.4d
Illumination	2%

## The Feast Days of Yahweh (2013)

- Abib 1	-	Mar 14
- Yahshua's Kiddush & Renewing Covenant (at even)	Abib 13	Mar 26
- Passover Memorial (at even)	Abib 14	Mar 27
I, II Passover Feast	Abib 15-21	Mar 28- Apr 3
- Wave Sheaf	Abib 16	Apr 4
III Feast of First Fruits	Abib 16 + 49	May 17
IV Feast of Trumpets	Day 1 of 7 <sup>th</sup> new moon	Sep 8
V Atonement	Day 10 of 7 <sup>th</sup> new moon	Sep 17
VI Feast of Booths	Day 15-21 of 7 <sup>th</sup> new moon	Sep 22- 28
VII Last Great Day (8 <sup>th</sup> Day)	Day 22 of 7 <sup>th</sup> new moon	Sep 29

Do you know what your aptitude is? Take a 'Complete Aptitude Test' at:

[http://www.3smartcubes.com/pages/tests/aptcocomplete/about\\_aptitude.asp](http://www.3smartcubes.com/pages/tests/aptcocomplete/about_aptitude.asp)

## Lighter Side



"I'm over on Third Avenue. Not much compassion here, either."

### Of compassion:

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

— Leo Buscaglia

## Savage Chickens

by Doug Savage



www.savagechickens.com

### On self-improvement:

*"I went to a bookstore and asked the saleswoman, 'Where's the self-help section?' She said if she told me, it would defeat the purpose."*

— Steven Wright (humorist)

NOTES:

