

Suggested Answers to Bible Study on Wellness Session 3

- 1) **How does the trait of meekness help in a leadership position?** *People with this trait are willing to put themselves in second place and submit themselves to achieve what is good for others. Meekness is therefore the antithesis of self-will, self-interest, and self-assertiveness. This is a sign, not of weakness of character, but of strength. It requires great self-control to submit to others. Self-control is a fruit of the Spirit.*
- 2) **What does it mean to be self-aware?** *Self-awareness involves the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. If you're highly self-aware, you can objectively evaluate yourself, manage your emotions, align your behavior with your values, and understand correctly how others perceive you.*
- 3) **How did Moses show self-awareness?** *Moses showed self-awareness by realizing he could not do things alone. He thankfully received the help of his brother Aaron, Hur, and Joshua. He also received, with thanks, wisdom from his father-in-law, Jethro.*
- 4) **What was key in how Moses dealt with the grumbling?** *He always turned to the Lord for help. He took the grumbling to Him, and God made him realize the grumbings were not directed at Moses but at God, Himself.*
- 5) **Based on the example of Moses, how can you develop self-awareness and gain the quality of meekness in your own leadership positions?** *Answers will vary. Reflective question. One answer could be to use prayer, asking the Lord for guidance, and to explore the possibility of seeking help and delegating responsibilities.*
- 6) **What does it mean to be self-regulating?** *To be self-regulating means to have the ability to understand and manage your behavior and your reactions to feelings and things happening around you. It includes being able to regulate reactions to strong emotions like frustration, excitement, anger, and embarrassment. It is another example of self-control.*
- 7) **What were some of the emotions Hannah experienced?** *Hannah certainly experienced sadness and distress at her inability to conceive. It caused her to feel great affliction to the point of deep weeping.*
- 8) **How did Hannah display self-regulation?** *Hannah was able to endure the bullying by her husband's other wife by praying to the Lord and even explaining her plight to the priest Eli when he confronted her.*
- 9) **What are some ways to become better at self-regulation in your own life based on Hannah's experience?** *One way is to practice mindfulness. We don't know if Hannah had access to mindfulness classes, but through her example of prayer and speaking to the priest of her concerns, we can learn that when dealing with our emotions, it is often helpful to name them and share them with the appropriate person. Using a chart of emotion words and exploring which ones best describe how you feel is helpful. Also, Hannah's practice of proper lament and relying solely on the help of the Lord can teach us all about trusting in Him for all of our needs.*
- 10) **What does it mean to be motivated?** *Highly motivated people can understand and*

see the big picture. They see how their work guides the organization and other people. They know their purpose, and they can inspire others to find their purpose as well.

- 11) How did Nehemiah show motivation, and what was he motivated to accomplish?** *He was motivated to have God restore the Jews and have Jerusalem as the capital again. He showed his motivation by leading as an example and was able to inspire the people to work in dire circumstances.*
- 12) What was a driving force for Nehemiah?** *The fear of and high regard for God was a driving force for Nehemiah. He delighted in doing the will of God.*
- 13) How can you become more motivated to accomplish what you need to in your life when you use Nehemiah as a model?** *The realization of your vocations in life can help you to be motivated. Nehemiah had a strong sense of his vocation to do the Lord's will. Having the desire to please the Lord in all we do and understanding that grace and forgiveness are vital to our daily life can help us to move forward with tasks that often seem meaningless on their own.*
- 14) What does it mean to have empathy for others?** *An empathetic person values others' feelings enough to let them explain themselves, even when it's uncomfortable.*
- 15) Is empathy the same as sympathy? Why or why not?** *One suggestion is that "I feel sorry for you" is sympathy, whereas "I understand you" shows empathy. Sympathy is distancing; empathy is compassion.*
- 16) How did Ruth show her compassion toward Naomi?** *She refused to abandon her mother-in-law after her great losses and worked for her to help keep them fed. She vowed to stick with her under any circumstances.*
- 17) How did Boaz show his compassion toward Ruth?** *He allowed Ruth to glean barley in his fields with protection and provided for her by redeeming her according to Israelite custom.*
- 18) Why are these actions signs of empathy, and how can you develop a better understanding of it in your own relationships?** *Displaying a willingness to be with and remain loyal to someone regardless of the inconvenience to oneself is an action of true empathy. Developing a sense of empathy requires the willingness to listen without judgment. Often, listening without offering solutions is better because just being a vessel of reception by allowing another to lament is crucial to empathetic behavior.*
- 19) What are some examples of good social skills?** *Listening (not for replying but listening for understanding someone else's point of view, argument, or discussion), sharing, cooperating, respecting, being responsible, and showing kindness.*
- 20) What skills did Abigail utilize when dealing with her husband?** *She used discretion in waiting until he was sober the next morning to relay his foolishness toward David. She was responsible toward him in letting him know what she had done.*
- 21) What skills did she use when dealing with David?** *Again, she used discretion in making herself humble before David and asking him to forgive her husband's foolishness. Preparing a great meal for him showed hospitality and the willingness to*

make up for her husband's rudeness.

22) What skills can you hone or develop that will improve your social skills like

Abigail? *Listening skills are crucial for good social interaction. Learning to ask more open-ended questions allows others to express themselves. Timing is also a skill to develop. Knowing the best time to discuss problems, as well as having the right body language, is useful. Hannah had a strong sense of these. Also, the tone in our voice can make a difference in how others will respond.*

23) Can you name a few examples of those who did not use the best emotional intelligence skills? *Answers will vary.*