**BEQ Video descriptions**

SESSION 1

"Discover Biblical EQ - a Christian framework for emotional healing based on biblical principles. Love is the goal, Jesus is the Model and the Holy Spirit is the power to change. earn the 7 key areas for spiritual renewal, understand holy vs. fleshly emotions, and start your journey toward biblical emotional maturity. Transform your heart through Biblical wisdom and The Holy Spirit This guide is perfect for Christians seeking deeper discipleship and spiritual growth."

"Session 2 - Role of the Holy Spirit"

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description:

"Unlock the Holy Spirit's transformative power. Discover how The Holy Spirit changes your emotions, overcomes addictions, and refines you in your walk with Christ. Learn practical ways The Holy Spirit generates godly emotions like compassion, joy, and peace while renewing your mind and your character. This video is essential for Christian emotional growth and spiritual transformation."

"Session 3 - Testing the Theory"

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description:

Learn the difference between godly emotional maturity and carnal Christianity. Explore how God uses your weaknesses for spiritual growth while developing Christ-like emotions, deeper perceptions, and gracious expression. Essential for believers seeking true transformation."

"Session 4 - Perception"

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description:

"Perception governs everything else! Transform your perception and beliefs. Learn how your explanatory style shapes emotions, discover the power of optimistic bible-based thinking, and explore how worship changes your perspective. Understand the human spirit's role in perception and find healing through scripture memorization."

"Session 5 - Thoughts and Intents"

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description:

"Uncover the biblical teachings on the thoughts and intents of the heart. Learn how having faith shapes emotions, discover the difference between notional and operational faith, and master positive concrete thinking. Transform negative intentions, renounce harmful vows, and grow in your faith to align with God's limitless possibilities."

"Session 6 - The Learning Organization"

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description:

"Discover the eight key tensions of building a Spirit-filled learning organization that, in turn, creates positive belief structures in people. The beliefs that we receive from the communities that we participate in are a key part pf our mental health and our growth in faith.

"Session 7 - Emotions And Our Physiology"

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description:

"Discover the powerful two-way connection between emotions and physical health. Learn how grief affects the body with the guidance from Psalm 31, explore Jesus' emotional responses, and understand your body as God's temple. Master stress management with the Eisenhower Matrix, prioritization strategies, and biblical approaches to productivity."

"Session 8 - The Masterful Mind"

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description:

"Analyze your mind and emotions. Learn how your mind controls spiritual input, discover Jesus' dominion over fight-or-flight responses, and gain practical steps for emotional control. Transform from reactive flesh-based thinking to Spirit-led mastery through God's word and the power of The Holy Spirit."

"Session 9 - Naming And Evaluating"

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description:

"Explore emotional accuracy. Discover why correct emotional identification prevents long-term emotional damage. Explore Christian behavioral models from Blessed Believer to Serene Saint, learn Jesus' emotional wisdom, and develop discernment to distinguish The Holy Spirit's deliverance from deception."

"Session 10 - Social Skills"

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description:

"Complete your Biblical EQ journey. Think critically of reading emotions across cultures with God's guidance, avoid false positives/negatives, and express emotions with perfect timing. Build strong communities through truth-in-love relationships and practical ministry rooted in Christ. Learn the importance of agape love!"