



BEGIN THE JOURNEY INTO
EMOTIONALLY HEALTHY SPIRITUALITY
Part 7: Grow in to an emotionally mature adult.
Learning new skills to Love well!

Luke 10:25-37, 1 Samuel 24

We underestimate the depth of our bad habits and what is needed to sustain long-term, Christ like change in our relationships.

The essence of true Christian spirituality is to love others well

Grow- Emotionally Mature

My World

VOID
Un-loving
Defensive
Un-forgiving
Impatient
Un-willing
Bitterness
Inflexible

Your World
(IT)

emotionally
HEALTHY SPIRITUALITY
CHURCH-WIDE INITIATIVE

Grow- Emotionally Mature

My World

GOD
Loving
Compassionate
Forgiving
Patient
Accepting
Flexible
Respect

Your World

emotionally
HEALTHY SPIRITUALITY
CHURCH-WIDE INITIATIVE

Grow- Emotionally Mature

Requires humility:

- Psalms 25:9 He leads the humble in what is right, and teaches the humble his way
- James 4:10 Humble yourselves in the sight of the Lord, and He will lift you up
- James 4:10 The fun and games are over. Get serious, really serious. Get down on your knees before the Master; it's the only way you'll get on your feet

emotionally
HEALTHY SPIRITUALITY
CHURCH-WIDE INITIATIVE

Grow- Emotionally Mature

Reflect:

- Can you imagine what our village, high streets, work places would look like if the world adopted this?
- Thank God for who he is that he loves us unconditionally
- Thank him for those people who we struggle with

Prayer

- Pray for repentance for the negative feelings we hold towards some neighbours
- Pray for the humility to allow God to challenge and change us
- Pray that God will build up out love for our neighbours

emotionally
HEALTHY SPIRITUALITY
CHURCH-WIDE INITIATIVE

Love is “to reveal the beauty of another person to themselves,” Jean Vanier.

Jesus did that with each person he met. This ability to really listen and pay attention to people was at the very heart of his mission.

A couple of verses to reflect on:

Quick to listen and slow to become angry (James 1:19)

Be angry yet not sin (Eph 4:26)

Be true peacemakers (Matt 5:9)

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice (Eph 4:31)

EMOTIONAL INFANTS:

- Use others as objects to meet their needs
- Look for others to take care of them
- Have great difficulty entering into the world of others
- Are driven by need for instant gratification

EMOTIONAL CHILDREN:

- Are content and happy as long as they receive what they want
- Unravel quickly from stress, disappointments, trials
- Interpret disagreements as personal offenses
- Are easily hurt
- Complain, withdraw, manipulate, take revenge, become sarcastic when they don't get their way
- Have great difficulty calmly discussing their needs and wants in a mature, loving way

EMOTIONAL ADOLESCENTS:

- Tend to often be defensive
- Are threatened and alarmed by criticism
- Keep score of what they give so they can ask for something later in return
- Deal with conflict poorly, often blaming, appeasing, going to a third party, pouting, or ignoring the issue entirely
- Become preoccupied with themselves
- Have great difficulty truly listening to another person's pain, disappointments, or needs
- Are critical and judgmental

EMOTIONAL ADULTS:

- Are able to ask for what they need, want, or prefer— clearly, directly, honestly
- Recognize, manage, and take responsibility for their own thoughts and feelings
- Can, when under stress, state their own beliefs and values without becoming adversarial
- Respect others without having to change them
- Give people room to make mistakes and not be perfect
- Appreciate people for who they are— the good, bad, and ugly— not for what they give back
- Accurately assess their own limits, strengths, and weaknesses and are able to freely discuss them with others
- Are deeply in tune with their own emotional world and able to enter into the feelings, needs, and concerns of others without losing themselves
- Have the capacity to resolve conflict maturely and negotiate solutions that consider the perspectives of others

Learn to share encouragements with one another

Thank God for his goodness and all the good things he does for us