



Week 7: Growing Into an Emotionally Healthy Adult

1 Corinthians 13:4-8



Love in practice is a harsh and dreadful thing compared to love in dreams.

Fyodor Dostoyevsky



Part of growing into an emotionally mature Christian is learning how to apply practically and effectively the truths we believe.

Pete Scazzero, Emotionally Healthy Spirituality

Two Myths About Christianity & Emotional Health

1 When I become a Christian Christ lives in me and I automatically become emotionally mature.

• Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!
1 Corinthians 5:17

• We may be a new creation, but that doesn't necessarily mean we are mature.

2 Christians are better at loving others than "yet-to-be" Christians.

Where am I Emotionally? | Emotional Stages*

Emotional Infants

- Look for others to take care of them
- Have great difficulty entering into the world of others

Emotional Children

- Are content and happy as long as they receive what they want
- Complain, withdraw, manipulate, take revenge or become sarcastic when they don't get their way

Emotional Adolescents

- Are threatened and alarmed by criticism
- Deal with conflict poorly, often blaming, appeasing, going to a third party, pouting or ignoring the issue entirely

Emotional Adults

- Recognize, manage and take responsibility for their own thoughts and actions
- Give people room to make mistakes and not be perfect

How Can I Grow Into an Emotionally Mature Adult?

1 Accept the **past**

- Our upbringing and family have a massive role in shaping who we are today.

2 Accept **ourselves**

- Remember, we can only love others as much as we love ourselves. Your capacity to love others is linked to your capacity to love yourself.

3 Accept **God**

- Grace is a person and that person is Jesus.

4 Accept **others**

1. Love them
2. Need Them
3. Release them

*Get the full list at FaithCommunity.co/SurfaceTension.

