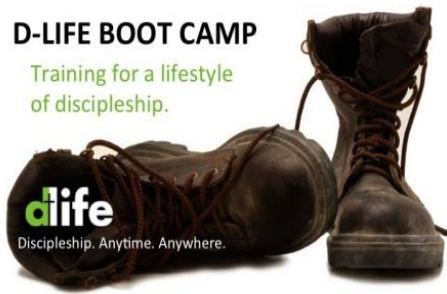


D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.



Keeping it Real
CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

Rev. Deborah Crawley, Teacher
Sis. Tammi Crummy, Asst. Teacher

Grow into an Emotionally Mature Adult- Lesson 2 Part 1

"Emotional health and contemplative spirituality, when interwoven together, offer nothing short of a spiritual revolution, transforming the hidden places deep beneath the surface of our lives" says author and Pastor Pete Scazzero in his book Emotionally Healthy Spirituality.

The Big Idea

The sixth pathway to emotionally healthy spirituality is to grow into an emotionally mature adult.

Love

What is love?

Martin Buber has said that as we become emotionally mature, we experience each person as sacred (including ourselves), viewing them as a "Thou" and not "it."

Loving well is the goal of the Christian life. This is easier in our dreams than in practice. It requires that we grow into emotional adulthood in Christ, the rewards of which are rich beyond measure.

READ: The Good Samaritan—Luke 10:25-37

The Problem Of Emotional Immaturity

Many people know the truths of the Bible relatively well. They can recite many of the Ten Commandments and articulate key principles for Christian living. They believe wholeheartedly they should be living them. The problem is they don't know how!

Telling people to love better and more is not enough. They need practical skills incorporated into their **spiritual formation** to grow out of emotional infancy into emotional adulthood. It is easy to grow physically into a chronological adult. It is quite another to grow into an emotional adult. Many people may be, chronologically, forty-five years old but remain an emotional infant, child, or adolescent.

The question then is: How do I distinguish between them? Becoming a follower of Jesus does not instantly transform every area of our lives.

Two Myths

1. When I accept Christ and He comes to live inside me, growing into an emotionally mature adult is

natural.

2. Christian's ability to love those around them is qualitatively different than those outside the church.

Emotional Maturity

Emotional maturity could be defined as loving well. Are you a good lover?

Infant

- feels a need, but can only cry
- must wait for parents to figure it out
- becomes angry if parent is inattentive

Child

- can communicate but still dependent on others
- acts out feelings of pain, fear and resentment
- lacks skill to openly discuss and negotiate getting needs met

Adolescent

- rebels against parental authority
- defines self in reaction to others, fears being treated as "child"
- "don't tell me what to do"

Adult as Emotional Infant

- treats others as "objects to meet my needs"
- acts like tyrant and wins through intimidation
- unable to empathize with others

Adult as Emotional Child

- acts out resentment through distance, pouting, whining, clinging, lying, withholding, appeasing, lying.
- does not openly and honestly express needs

Adult as Emotional Adolescent

- cannot give without feeling controlled or resentful
- capacity for mutual concern is missing
- defensive, threatened by criticism

Emotional Adult

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