

Emotionally Healthy Spirituality Course

Sermon 7: Grow into an Emotionally Mature Adult

Luke 10:25–37

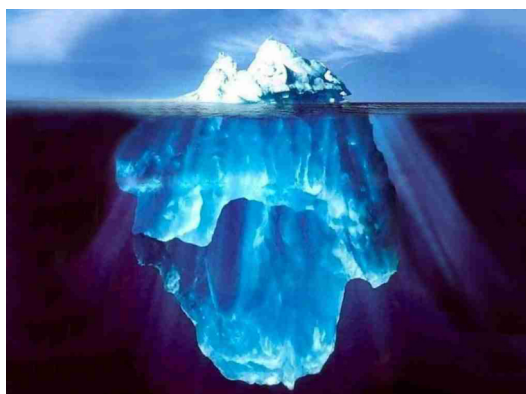
THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

Seven Pathways

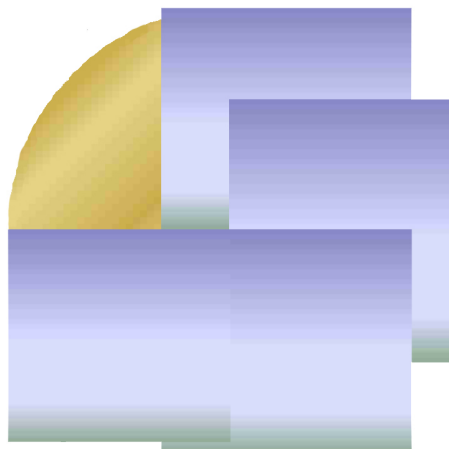
1. Know Yourself That You May Know God
2. Going Back in Order to Go Forward
3. Journey through the Wall
4. Enlarge Your Soul through Grief and Loss
5. Discover the Rhythms of the Daily Office and Sabbath
6. Grow into an Emotionally Mature Adult
7. Go the Next Step to Develop a “Rule of Life”

ICEBERG MODEL

WHAT LIES BENEATH THE SURFACE



DIFFERENT PARTS/COMPONENTS OF WHO WE ARE



Two Myths:

1. When I accept Christ and he comes to live inside me, growing into an emotionally mature adult is natural.
2. A Christian's ability to love those around them is qualitatively different than those outside the church.

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

- able to ask for what they need, want, prefer—clearly, directly, honestly, respectfully
- desire for relationships to win
- able to listen with empathy
- willing to risk saying what is needed without attacking
- respects others without having to change them
- able to resolve conflicts maturely and negotiate solutions
- gives themselves and others room to make mistakes and not be perfect

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
- 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

Two Applications:

1. BECOME AWARE OF YOUR FAMILY OF ORIGIN'S CAPABILITY FOR EMOTIONAL CONNECTION

- Can you recall being comforted as a child after a time of emotional distress?

(Think of a time when one of your parents/caregivers comforted you when you were really upset, scared, or sad for some reason.)

1. Did you learn to trust?
2. Did you learn to respect others?
3. Did you learn to wait and to take turns?
4. Did your parents/caregivers understand your behavior?
5. Were your feelings allowed?
6. Were you allowed to be the child?
7. Did you learn independence and dependence?

2. TAKE PRACTICAL STEPS OF DISCIPLESHIP TO GROW INTO AN EMOTIONALLY MATURE ADULT