

Grow into an Emotionally Mature Adult

Emotionally Healthy Spirituality

February 21, 2021

Ten Characteristics of an Emotional Adult

Emotional adults...

... are able to ask for what they need, want, or prefer – clearly, directly and 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 – 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.

Three Characteristics of Incarnation:

Learn to enter another's world.

Hold on to yourself.

Hang between two worlds.

Questions for Personal Reflection and Group Discussion

Read slowly through the ten characteristics of an emotional adult on the opposite side of the page. Consider your own behavior or responses toward others. For each quality, give yourself a rating between 1 and 5, with 1 being “Not at all true of me” and 5 being, “Usually true of me.”

Which characteristic(s) do you most need to work on?

What would it look like for you to grow in that area? What step will you take toward greater emotional maturity?

1. Read Matthew 22:34-40.

What did Jesus say is the greatest commandment?

Describe what you think it means to love God with all your heart, soul, and mind.

Why is loving your neighbor as yourself just as important?

2. Read John 4:3-26.

In what ways did Jesus demonstrate living out the greatest commandment in this encounter?

3. Read Mark 5:25-34 & Luke 8:43-48

How did Jesus show love in this passage?

4. Read Mark 10:13-16.

How did Jesus love others in these verses?

Consider the characteristics of incarnation on the opposite page. How do you see Jesus demonstrating these in His interactions with the people in these three stories?

5. Read 1 John 2:5-6.

What does this verse say about what it means to really love God? How are we to live?

How will you live out the characteristics of incarnation to someone in your world this week?