

# S1:E1 Victory, Not Just Survival

Show Notes

Today's Topic: Victory, Not Just Survival

-3 things:

- **Why is emotional maturity a major issue?**
  - Talk about Fruit of the Spirit (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self Control)
  - Notice that none of these are performance based...but we try to produce them, don't we? We end up frustrated because we "try" to be patient, etc.
  - We tend to turn every spiritual matter into a "to do list".
  - NO ONE can give us these things OR take them away. It's produced by the Spirit, therefore it's MAINTAINED by the Spirit.
  - We want what's seen, but the Fruit of the Spirit is a product of the UNSEEN
    - Soil (condition of our heart)
    - Seed (what gets planted)
    - Sun (Environment/Culture)
    - Saturation (Live Giving Water)
- **Where does emotional maturity start?**
  - It starts with early formation (explain)
  - We can actually be 40 year olds with 12 year old responses
  - **We learn through experiences: how we view the world, ourselves, God**
- **What becomes our goal?**
  - Survival. We want safety, affirmation, love.
  - Life becomes about making sure you have enough money, stuff, sex, a spouse, etc. And most times you run through several of those because the first one didn't bring immediate relief.
  - **When you survive your past, you only have scars to remind you of what happened. When you experience victory over your past, your scars remind you of WHO got you through it.**
  - You can elevate your SITUATION or your SAVIOR.
  - I grew up without the basic needs that a child requires:
    - **Physical** (Food, water, warmth, rest)
    - **Safety** (Emotional and Intellectual Security)
    - **Love and Belonging** (Friendship/Sense of Connection)
    - **Esteem** (Respect and Status)
    - **Self Actualization** (Achieving one's full potential)
  - When the foundation is broken, the rest are sought out in an unhealthy way

**CLOSE:**

-Let's talk about 3 keys to victory:

**1) Recognize that your emotionally, spiritual health is VITAL to your overall health.**

-In fact, your emotional health determines your mental, physical, and spiritual well being.

-Our feelings/emotions determine our thoughts, our thoughts determine our actions. WE behave based on what we believe.

**2)Examine your view of the world, yourself, and God**

-All 3 affect how you respond in times of crisis or offense

**3)Examine what needs you may have not had met at an early age**

-This is just a beginning process, but it helps you begin to identify where you may have survived, but not experienced victory.