

SESSION 6

Growing into an Emotionally Mature Adult

**Introduction**

As a group, fill out the two lists below with qualities that describe emotional immaturity and maturity. As you think about these qualities, consider how we treat/view ourselves and how we treat/few other people.

|  |  |
| --- | --- |
| Emotional immaturity | Emotional maturity |
|  |  |

**Video**

**Group discussion**

* Why do you think we can be committed and "growing" in Christ and yet not be growing in our ability to be "prayerfully present" or loving towards others?

**Bible study: Luke 10:25-37**

1. If you were the priest or Levite, what are Some of the reasons that you may have passed by this man and treated him as an ‘it’ instead of a person?
2. Look back at first is 31–33. What they did the Samaritans see and feel that the priest and the Levite did not?
   1. Can you think of a time when you are passed over as invisible? How did it feel?
   2. What kind of people might you be tempted to see as an ‘it’?
3. Re-read versus 33–36. The Samaritans compassion led him to stop and help the hurting man. At the same time, how did he demonstrate an awareness of his limits?
4. What are some of your challenges at the moment when it comes to loving your neighbour and loving yourself?
5. How do you need to respond to Jesus’ command in verse 37?

**Application**

Expectations are assumptions about what someone should do.

Consider how are you feel when someone is angry with you because you didn't fulfil their expectations yet they never communicated this expectation to you. They simply assumed you should know.

Unmet and unclear expectations can create havoc in our relationships. We expect other people to know what we want before we say it. The problem with most expectations is that they are: *Unconscious; Unrealistic; Unspoken & Un-agreed upon.*

* Think of a recent, simple expectation that went unmet and made you angry or disappointed. Give yourself a moment and make a note of it.
* Compare the expectation with the questions below:
  + Were you aware that you had this expectation?
  + What is the expectation realistic for the other person?
  + Did you explain your expectation to them or do you just think “they should have known”?
  + Had the other person agreed to the expectation?

Expectations are only valid when they have been mutually agreed upon. These are the expectations that we have a right to expect.

* Share what you have discovered about your expectations
* What steps can you take to make your expectations conscious, spoken, realistic, and agreed upon?

What next step do you need to make as an individual/small group on your journey of emotionally healthy spirituality?

See <https://www.emotionallyhealthy.org/> for more ideas/resources.

Finished with two minutes silence and prayer and make sure to thank God for your time doing this Lent course.