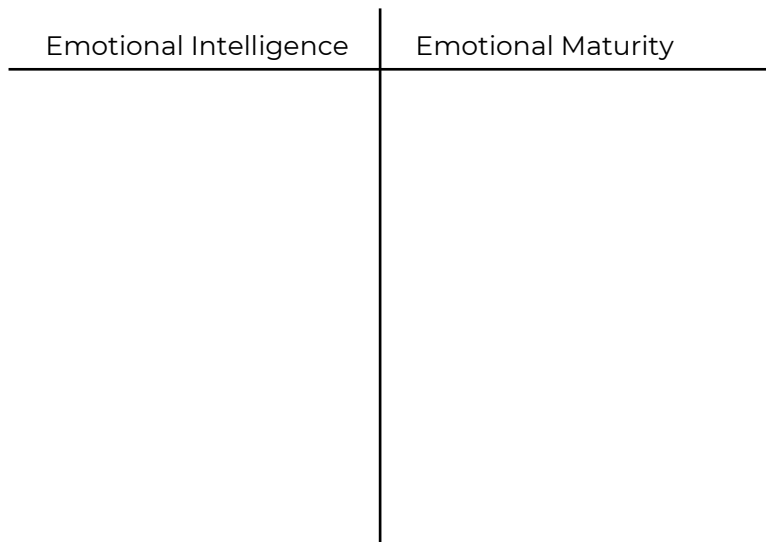


Teaching - Part 1

Emotional Maturity begins with seeing God and humanity as emotional beings

- The Source: Complex revelation of His love



- The Example: Jesus's Emotional Maturity

For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God.

(1 Corinthians 2:11)

"Human life is fatally fragile and subject to forces beyond our power to manage. Life is tragic."

(Tim Keller, *Walking with God Through Pain and Suffering*, pg. 3)

When he saw the crowds, he had compassion for them, because they were harassed and helpless.

(Matthew 9:36)

And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money changers and overturned their tables.

(John 2:15)

"There is more neocortex-to-limbic system in primates than in other species — and vastly more in humans — suggesting why we are able to display a far greater range of reactions to our emotions and more nuance... But these higher centers do not govern all of emotional life; in crucial matters of the heart — and most specifically in emotional emergencies — they can be said to defer to the limbic system... This gives the emotional centers immense power to influence the functioning of the rest of the brain — including its centers for thought"

(Daniel Goleman, *Emotional Intelligence*, pg. 12)

Exercise 1



Emotional Imprints - What are some of the most prominent positive and negative memories from each life stage?

| | | | | | |
|-----------------------------------|--------------|---|---|---|---|
| Identifying My Emotional Imprints | + | | - | | |
| | 1) Childhood | | | | |
| | 2) Teens | | | | |
| | 3) College | | | | |
| 4) Young Adult | | | | | |
| Mapping My Emotional Background | + | ① | ② | ③ | ④ |
| | | | | | |
| | - | | | | |
| | | | | | |

Teaching - Part 2

Emotionally mature people feel what God feels and express those feelings appropriately

- The Way: Theology and work of the Spirit
 - Walk by (Galatians 5:16)
 - Led by (Galatians 5:18)
 - Live by (Galatians 5:25)
 - Keep in step with (Galatians 5:25)

- The Evidence: 9-fold Fruit of the Spirit (Galatians 5:22-23)
 - Love
 - Joy
 - Peace
 - Patience
 - Kindness
 - Goodness
 - Faithfulness
 - Gentleness
 - Self-control

Rejoice with those who rejoice,
weep with those who weep.

(Romans 12:15)

“The beginning and end of all Christian leadership is to give your life for others . . . the willingness to cry with those who cry, laugh with those who laugh, and to make one's own painful and joyful experiences available as sources of clarification and understanding.”

(Henri Nouwen, *The Wounded Healer*, pg. 77)

“Suppressed feelings of anxiety and anger in men have reached epidemic levels, changing the landscape of society within families, schools, cities and ultimately within prisons.”

(Jason Wilson, *Cry Like A Man*, pg. 20)

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. . . And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, and be thankful.

(Colossians 3:12, 14-15)

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world.”

(C.S. Lewis, *Problem of Pain*, pg. 91)

Exercise 2



10 Symptoms of Emotional Unhealthy Discipleship

Scale of 1-10 (1 – Never true of me) (5 – Not sure if I do this) (10 – Always true of me)

1. Using God to Run from God

I create a great deal of "God-activity" and ignore the difficult areas in my life God wants to change.

2. Ignoring the Ungodly Emotions of Anger, Sadness, and Fear

I try to inflate myself with a false confidence to make those negative feelings go away.

3. Dying to the Wrong Things

Even though God never calls us to die to healthy desires and pleasures of life – friendships, joy, music, beauty, recreation, and nature - I feel guilty embracing these gifts because I think the Christian life is supposed to be hard.

4. Denying the Past's Impact on the Present

I believe accepting Jesus means my old life is no longer in me and it doesn't continue to influence me.

5. Dividing our Lives into "Sacred" and "Secular" Compartments

I compartmentalize God into Christian activities around church and spiritual disciplines without thinking of him in my relationships, finances, recreation, work, and the "other" areas of my life.

6. Doing for God Instead of Being with God

My experiential sense of worth and validation shifts from God's unconditional love for me in Christ to my works and performance. My work for God is not nourished by a deep interior life with God.

7. Spiritualizing Away Conflict

I smooth over disagreements and sweep them under the rug because I believe that's what Jesus calls us to do. In the name of Jesus, I avoid conflict.

8. Covering Over Brokenness, Weakness, and Failure

I feel pressure to present an image of myself as strong and spiritually "together" and have a hard time vocalizing my flaws and weaknesses without spinning them positively.

9. Living without Limits

I carry around guilt for never doing enough as a Christian. I was taught that good Christians don't say no to opportunities to help others.

10. Judging Other People's Spiritual Journey

I turn my differences with other believers into morally superior virtues. I don't let others be themselves before God and move at their own pace but instead project my choices into their lives.

Exercise 3

Enneagram Centers

What am I feeling? How am I processing it? What's the best response?



- 1) What am I afraid of and what am I doing with that fear?
- 2) What am I saying about my identity and how am I coping with it?
- 3) What am I upset about and where is that anger directed?

**See "Soul Words" in the appendix for more ways to name your feelings.*