

Teaching - Part 1

Emotional Maturity begins with seeing God and humans as emotional beings (Genesis 1.26-17)

- The Source: The Bible is a complex revelation of His love
 - Love expressed as Delight/Pleasure (Gen 2.7-9, 15, 18)
 - Love expressed as Anguish/Grief (Exodus 1.12-14, 22; 2.23-25)
 - Love expressed as Anger/Wrath (Psalm 78.21; 106.40; Isaiah 13.13; Jeremiah 30.24)
 - Love expressed as Joy/Glory (Revelation 21.3-4)
- God is the most _____ Being in the universe.

*Emotional *Intelligence* vs Emotional *Maturity**

**Emotional Intelligence,
Daniel Goleman**

Emotional Maturity

Self-Aware:

Ability to label emotions

God-Aware:

Attuned to Holy Spirit

Self-Control:

Ability to manage emotions

God-Controlled:

Yielded to Holy Spirit

Self-Motivate:

Ability to employ emotions

God-Motivated:

Inspired by Holy Spirit

Empathy:

Ability to see/feel other's emotions

God-Empathic:

Compassion in the Spirit

Social Competence:

Ability to manage emotions with others

God-Socially Competent:

Connection through the Spirit

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- The Example: Jesus' Emotional Maturity (Philippians 2.6-8; Hebrews 2.18; 4.15)
 - Emotionally charged experiences in the life of Christ:
 - Galilean Upbringing
 - John the Baptist's Death
 - Crowds Attempted Coronation
 - Woman Caught in Adultery
 - Gethsemane Prayers
 - Trial and Crucifixion
 - Resurrection Meals

Exercise 1

Identifying My Emotional Imprints:

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

Mapping My Emotional Background:

- To what magnitude have these shaped your story?
- How was God forming you in each of these seasons and situations?

Teaching - Part 2

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

- The Way: Theology and Work of the Spirit
 - **Theology** - John 14.16-17; 16.7-15 // Indwells, Teaches, Reminds, Convicts, Guides, Glorifies
 - **Work** – example from Galatians 5.16 (*walk by* – Spirit over Flesh), 5.18 (*led by* – Spirit over Law), 5.15 (*live by* and *keep in step with* - Spirit over Self)
- The Evidence: 9-fold Fruit of the Spirit (Galatians 5.22-23)
 - Proper expression in every experience (Romans 12; Galatians 5; Ephesians 4; Colossians 3; 1 Peter 4; James; 1 John)

Exercise 2

Assessment of Emotionally Healthy Spirituality

- Are there any symptoms that score between 5 and 10?
- What would a 1 look like in every category and how would I get there?

Exercise 3

Enneagram Triads – ‘Defense Against the Dark Arts’

- Shame, Fear and Anger (Genesis 2-4)
- In/Out
 - Internal/External Shame
 - Inward/Outward Fear
 - Expressed/Repressed Anger
- Stances
 - Withdraw (Move Away); Withdraw
 - Assert (Move Against); Demand
 - Comply (Move Toward); Earn