



## Read

2 Corinthians 5:17 NASB

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new thing

1 Cor. 13:11

11When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.

1 John 4:19

“We love because he first loved us.”

Matt 22:37-40

“Love the Lord your God with all of your heart, with all of your soul, and with all of your mind, and all of your strength. And love your neighbor as yourself.”

# Review

**It's easy to grow physically into a *chronological* adult.  
It is quite another thing to grow into an *emotional* adult.**

**As emotionally mature Christian adults, we recognize that loving well is the essence of true spirituality.**

**One of the greatest gifts we can give our world is to be a community of emotionally healthy adults who love well.**

# Reflect

The disciples were not advanced men of faith when Jesus picked them. In fact, their faults are well documented in Scripture (imagine if that were true for all of us!). All of the 12 were lacking in one way or the other: Peter had a big mouth, James & John were hot heads, Matthew was a jerk, and Judas..... yeah, he wasn't a solid guy at all.

So, if you're Jesus and you only have THREE YEARS to get done what you need to get done, why do you pick this motley crew?

They were WILLING. They were teachable. And our Savior? **That's all He needs.**

You can be the smartest cookie in the jar but if you aren't teachable? If you aren't willing? If you aren't ready to say "Here I am, send me?" to your Heavenly Father— you need to drop whatever you're carrying, stop hiding behind your pride, die to your ego, and *get there*.

Let the prayer on your heart this week be "God, teach me to see Your truth. Guide me to love Your people. Break my heart to the world so you can fill me with Your Word."

1. Who in your life do you need to see more clearly?
2. What roads has your own Extreme Makeover led you down?
3. Where will you go next?

# Emotional Scale

## EMOTIONAL INFANTS

- Look for others to take care of them
- Have great difficulty entering into the world of others
- Are driven by need for instant gratification
- Use others as objects to meet their needs

## EMOTIONAL CHILDREN

- Are content and happy as long as they receive what they want
- Unravel quickly from stress, disappointments, trials
- Interpret disagreements as personal offenses
- Are easily hurt
- Complain, withdraw, manipulate, take revenge, become sarcastic when they don't get their way
- Have great difficulty calmly discussing their needs and wants in a mature, loving way

## EMOTIONAL ADOLESCENTS

- Tend to often be defensive
- Are threatened and alarmed by criticism
- Keep score of what they give so they can ask for something later in return
- Deal with conflict poorly, often blaming, appeasing, going to a third party, pouting, or ignoring the issue entirely
- Become preoccupied with themselves
- Have great difficulty truly listening to another person's pain, disappointments, or needs
- Are critical and judgmental

## EMOTIONAL ADULTS

- Are able to ask for what they need, want, or prefer—clearly, directly, 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—the 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