

GROW INTO AN EMOTIONALLY MATURE ADULT

BRIEF SUMMARY

The goal of the Christian life is to love well. Jesus was aware that true spirituality included not only loving God, but also the skill of loving others maturely.

Growing into an emotionally mature Christian person includes experiencing each individual, ourselves included, as sacred, or as Martin Buber put it, as a "Thou" rather than an "It." Becoming emotionally mature requires learning, practicing, and integrating such skills as speaking respectfully, listening with empathy, negotiating conflict fairly, and uncovering the hidden expectations we have of others . . . just to name a few. Both self-respect and compassion for others are part of a life rooted in "I-Thou" relating.



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FURTHER REFLECTION: BIBLE STUDY OF LUKE 10:25-37

1. Looking at verses 31-33, what did the Samaritan see and feel that the priest and Levite did not?
2. Can you think of a time when you were seen in a negative light, treated as inferior, or passed over as invisible? How did it feel?
3. Who have you been taught not to see (i.e. to treat as an "It")?
4. In light of how God is coming to you through this study, how do you hear the words in verse 37 to "go and do likewise"?



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QUESTIONS FOR DISCUSSION

1. What stood out to you from this week's teaching on Grow Into An Emotionally Mature Adult?
2. 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 toward others?
3. What are some of your challenges when it comes to loving your neighbor and loving yourself?
4. What would it mean to you to see Jesus Christ in the people you meet this week?
5. What sometimes distracts you from seeing the people you are with as they really are?

