



Pastor Kelli Wommack “A Life Of Wholeness: Growing Up” 3/27/2022

Key Verses:

- Luke 10:25-31; 1 Corinthians 13

Key Thoughts:

- Growing up is tough, but it's necessary because it would be odd for someone to look the same in their 20s as they did when they were 5. Likewise, it's odd for us as adults to have the emotional maturity of children. Today, we look at growing up emotionally.
- **“We learn many skills to be competent in our careers, but we don't learn the skills to grow into an emotionally mature adult who loves well.” -Pete Scazzero**
- Emotional infants: looks for other to take care of them, driven by need for instant gratification, content and happy when they get their way, interpret disagreements as personal offenses, deal with conflict poorly, and are often critical and defensive.
- Emotional adults: ask for what they need, want, or prefer in an honest way, take responsibility for their actions and feelings, have capacity to resolve conflict, able to step into the feelings and needs of others.

Signs of Emotional Maturity:

1. *Consider every person as “thou” instead of “it”.*
 - Treating people as a “thou” gives them dignity, respect, and honor.
 - When we consider others as an “it”, they are a means to your end.
 - We walk down the halls of our workplace ignoring everyone in place of our task.
 - We expect our family members to live up to every expectation that we have in our head.
 - We negatively categorize people who think differently than us politically or religiously.
 - Emotional maturity is treating people as “thou” and this means all people, not just the people we agree with on everything.
 - Jesus treated every person, even those he disagreed with, with respect and dignity. Jesus specifically looked for those that we might treat as an “it”.
2. *Create true peace.*
 - This does not mean to ignore difficult things to not rock the boat. Avoiding conflict to please people is false peacemaking.
 - **A peacemaker is someone who actively seeking to reconcile people to God and to one another.**
 - Jesus entered conflict, he addressed issues, exchanged lies for truth. He's inviting us to enter conflict and embrace that discomfort just as he did.
 - Unresolved conflict is one of the greatest tensions in our lives today.
3. *Check assumptions.*
 - Assumptions are stories that we develop in our head, then we live out our lives based on that story, whether it's true or not.



- Making assumptions started way back in Genesis 3. Eve believed the enemy's story about who God was and that led to the fall of humankind.
- 4. *Communicate expectations*
- "Expectation is the mother of all frustration." Many of our frustrations come from unmet expectations.
- When we communicate our expectations to others, there's less of a chance that we will be disappointed.
- We can't do any of this without Jesus.
 - In Luke 10, we see this man on the road that's bypassed and left for dead. We may not do this exactly, but we do bypass people who are in need all the time.
 - The religious leaders of Jesus' day did all the right things. They knew the law, the right prayers to pray, they went to the temple, and they even wanted God to be Lord. Jesus comes and links loving God with the need to be just as zealous about loving people. He tells them you can know all things about the law, but if you don't love people, you're missing something.
 - 1 Corinthians 13:1-3 tells us that if we do a whole lot of spiritual actions, but we don't have love, then we truly have nothing. This love that perseveres is absolutely impossible without Jesus.
 - John 13:34-35 teaches that the way that people will know us as Jesus' disciples is because of our love of one another.

Discussion Questions:

- What fruit of the Spirit do others see or NOT see in my life?
- Take a few moments and consider the people you will encounter this week. What might it look like for you to slow down and treat each one as a "thou" rather than an "it"?
- What do you take away from 1 Corinthians 13:1-3? How do you sense the Lord challenging you personally in light of this verse?