

NOTES:
Emotionally Healthy Discipleship | The Journey of Spiritual Adulthood
Compelled Church, October 31, 2021 Nate Elarton

Ephesians 4. 11-16

Spiritual and Emotional Infants

Spiritual and Emotional Children

Spiritual and emotional Adolescents

Spiritual and emotional Adults

Communication and Maturity

We speak

1. Respectfully- *“Respect everyone, and love the family of believers. Fear God, and respect the king.”* (1 Peter 2:17, NLT)
2. Honestly *“As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ,”* (Ephesians 4:14–15, NASB95)
3. Clearly- We are a people that love hinting, being passive aggressive and vague
4. Timely- At the right time. Not everything that needs to be said can be said at anytime you want.

Conflict and Maturity

“What is causing the quarrels and fights among you? Don’t they come from the evil desires at war within you? You want what you don’t have, so you scheme and kill to get it. You are jealous of what others have, but you can’t get it, so you fight and wage war to take it away from them. Yet you don’t have what you want because you don’t ask God for it. And even when you ask, you don’t get it because your motives are all wrong—you want only what will give you pleasure.” (James 4:1–3, NLT)

Reason for conflicts

“Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” “No, not seven times,” Jesus replied, “but seventy times seven!” (Matthew 18:21–22, NLT)

Matthew 5 and 18 Principle

“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.” (Matthew 5:23–24, NLT)

“If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back.” (Matthew 18:15, NLT)

Sermon Discussion Questions:

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1. Read : *“And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ; until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ. As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming;”* (Ephesians 4:11–14, NASB95)

2. What are the roles of the 5 gifts?

3. What are attributes of a mature man?

4. How have we been defining maturity in Christ?

5. If maturity in Christ is measured by our love for each other, than that is how we treat, speak, and listen to each other. Growing up in your home, how did you speak to each other.

6. Name a time that you really felt listened to? (who? Why did you feel listened to ?)

7. Below are the 4 ways to speak to one another: Which one was modeled to you poorly?
Which one was modeled to you wonderfully?

We speak

a) Respectfully-*“Respect everyone, and love the family of believers. Fear God, and respect the king.”* (1 Peter 2:17, NLT)

b) Honestly -*“As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ,”* (Ephesians 4:14–15, NASB95)

c) Clearly- We are a people that love hinting, being passive aggressive and vague

d) Timely- At the right time. Not everything that needs to be said can be said at anytime you want.

8. Who in your life modeled this kind of maturity?

9. Which one are you growing in?

10. What other Scriptures come to mind about speaking to one another?