

SESSION 16

ALL HEALTHY THINGS GROW

I. PUT AWAY CHILDISH THINGS

- A. Healthy human beings grow, develop, and mature
 - 1. Infants become toddlers, children, adolescents, adults
 - 2. It would be inappropriate for us, as adults, to continue to behave as children
- B. We must grow in emotional maturity in discipleship
- C. There is a distinction that must be made between
 - 1. Fragility
 - 2. Resilience
 - 3. Anti-fragility
- D. What are the childish things I need to put away now? (1 [Corinthians 13:11](#))
- E. David accomplished all God ordained for him to do, so can we! ([Acts 3](#), [Acts 13](#))
- F. We can either grow or regress; we want to eat solid food (1 [Corinthians 3:2](#))

II. EMOTIONAL AND SPIRITUAL MATURITY

- A. We must grow in our emotional maturity in order to grow in spiritual maturity
- B. Our emotions are neither the Holy Spirit nor demons; we must find the balance
- C. Ten Symptoms of Emotionally Unhealthy Spirituality (Pete Scazzero)
 - 1. Using God to run from God
 - 2. Ignoring emotions of anger, sadness, or fear
 - 3. Dying to the wrong things
 - 4. Denying the past's impact on the present
 - 5. Dividing life into "secular" and "sacred" compartments
 - a) We should invite God into all areas of our lives
 - 6. Doing for God instead of being with God
 - a) [Psalm 27:4](#)
 - 7. Spiritualizing conflict
 - 8. Covering over brokenness, weakness, and failure
 - 9. Living without limits
 - a) You are no one's source
 - 10. Judging the spiritual journeys of others
 - a) Pull out the log in your own eye first (Matthew 7:3-5)

III. SIX TOXINS THAT KILL YOUR FRUIT AND JOY

- A. Envy: subtle and versatile form of lust; the seedbed for wickedness (James 3)
- B. Ego: similar to envy; the mission is more important than your ego
- C. Elitism: looking down on others; we must agree with all that God says of us
- D. Entitlement: I deserve this; eventually leads to bitterness
- E. Entertainment: an addiction to entertainment is just fleeing from boredom
- F. Expectations: evidence a lust for control, they are to be surrendered to the Lord
 - 1. Expectations lead to disillusionment, disillusionment leads to resentment, resentment leads to bitterness, bitterness is toxic

IV. ANTI-FRAGILITY

- A. Fragility: A teacup is fragile, it cannot be bent
 - 1. You are not fragile, do not live this way
- B. Resiliency: Like the Phoenix, rises from the ashes, survives the fire
 - 1. However, it isn't qualitatively improved by the fire
- C. Anti-Fragility: Being improved by suffering or trials
 - 1. Do not seek out things that are detrimental to your physical, emotional, spiritual health
 - 2. However, when you face trials, you are hardwired by the Lord to be improved by suffering

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we[b] boast in the hope of the glory of God. 3 Not only so, but we[c] also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” (Romans 5:1-5)