



## Week of November 19, 2018: Growing into an Emotionally Health Adult

### Discussion Questions Set #1

“Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ [and] speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.” (Ephesians 4:11-13,15)

Emotional and spiritual maturity is something that God not only desires for His people, but something He assists us with. Maturity is something we often strive for as followers of Jesus, but frequently our definition of emotional and spiritual maturity varies quite greatly. We often equate either age or “spiritual performance markers” – like church attendance, ability to quote scripture, or amount of service within the church – with spiritual and emotional maturity. Unfortunately, none of these are absolute predictors of spiritual and emotional maturity.

1. How does it make you feel to know that God desires your – and our – emotional and spiritual maturity? How specifically does God assist us with the development of spiritual maturity?
2. Why do you think we tend to look at things like age or “spiritual performance markers” as evidence of spiritual maturity?
3. What problems exist with assuming that these kinds of things equal spiritual and emotional maturity?

### Discussion Questions Set #2

“Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service ...” (Ephesians 4:11)

In service, I suggested that spiritual and emotional maturity looks like a capacity to love God and others well. Our ability to love well, then, is evidence of our maturity. As we move toward unity in the faith (a product of love), knowledge of the Son of God (a familiarity with He who is love) and speaking the truth in love, we show ourselves to be the mature body of Jesus Christ.

1. In the passage above from Ephesians 4, what does the Apostle Paul tell us is the result of the equipping efforts of church leadership? What specifically are we equipped to do that proves our maturity?
2. How does our capacity to love better prove our maturity?
3. What difference might it make for us personally or as a church, to equate maturity with a growing ability to love well?
4. How might asking the following questions of ourselves as evidence of our emotional and spiritual maturity, affect our following of Jesus?
  - *Am I quick to hear and slow to speak?*
  - *Can I be angry and not sin?*
  - *Do I speak the truth in love?*
  - *Have I gotten rid of all bitterness, rage and envy?*

### Discussion Questions Set #3

We spent a fair bit of time in service talking about the different stages of emotional and spiritual growth. Understand that our progress through these stages isn’t always perfectly linear – sometimes we loop back through the stages.

1. As you heard about the different stages, what thoughts were stirred in you?
2. Imagine for a moment that as an H2H group, we progressed together through to emotional and spiritual adulthood, without any looping back. What might our H2H group look like? What results might we expect from our times together in this case? What impact might this have upon our greater community?