

---

## G. ADDRESSING EMOTIONAL NEEDS

### G.5: How do I grow in Emotional Maturity?

[Ephesians 4:13, Colossians 1:28-29]

---

#### **A STORY:**

When I was in my late 50's I thought that I was pretty mature as a leader. I thought I was an emotional healthy leader. During this time, I discovered a book written by Peter Scazzero who thought he was emotionally healthy as a leader. He encountered several circumstances that send him on a journey to see how immature he was in his emotional journey. This led me to read and discover that after taking the emotionally healthy survey in Chapter 4 in the book by Peter Scazzero called *The Emotionally Healthy Church*, I discovered that I was emotionally immature in several areas. This was an eye opener. I showed up as an emotional child in several areas of life.

HOW DO I GROW IN EMOTIONAL MATURITY? My feelings were all over the place and I did not know what I was feeling. Let's look at two passages that helped me get started:

#### **DIGGING INTO THE BIBLE:**

##### **Ephesians 4:13:**

*<sup>13</sup> 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.*

##### **Colossians 1:28:**

*<sup>8</sup> He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.*

#### **DISCUSSION AND DISCOVERY**

1. What are the three elements in Eph 4:13 that are the goal of equipping?
2. How do we get equipped in these areas of our life?
3. What does it look like to be "fully mature?"
4. Where does Christ fit into the maturity process?
5. What is the big picture for every believer in the body of Christ?

### APPLICATION AND ACCOUNTABILITY

6. What actions to these verses stir in your heart about maturity?
7. How will you go about identifying the areas of maturity that you need to work ?
8. What would be your first step to understand maturity?
9. Who will help you in this area of growth?

### NEXT STEP

This as a great next step in this journey. Either get the book, [\*The Emotionally Healthy Church\*](#), and take the test in chapter 4 or go online to:

Print and complete the [Emotionally Healthy Discipleship Personal Assessment](#)

From there when you face your current reality and in what area then you can figure by reading the appropriate area in the book what steps you can take to grow in that area.

Bring this assessment to a coaching session and then answer the questions below:

1. What area or areas did you discover that you were not mature emotionally in?
2. How does that impact you?
3. Where do you think these emotional immaturities came from?
4. Which one would you like to work on?
5. Which Chapter speaks to that one?
6. When will you read it?
7. What will be some steps to take to develop your present maturity?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: