



Session 7: Grow Into an Emotionally Mature Adult

What are you discovering about the importance of having a rhythm of stopping in order to be still and know that He is God?

Brainstorm qualities that describe emotional immaturity and emotional maturity. Consider how we treat/view ourselves and how we treat/view other people.

Discussion: Why do you think we can be committed and growing in Christ and yet not be growing in our ability to be “prayerfully present” or loving toward others?

Bible Study: *Read Luke 10:25-37*

1. If you were the priest or Levite, what are some of the reasons you may have passed by this man and treated him as an “it” instead of a “thou”?
2. What did the Samaritan see and feel that the priest and Levite did not?
3. Think of a time when you were seen in a negative light, treated as inferior, or passed over as invisible. How did it feel?
4. Who have you been taught not to see?
5. How did the Samaritan demonstrate awareness of his limits?
6. What are some of your challenges when it comes to loving your neighbour and loving yourself?
7. In light of how God is coming to you through this study, how do you hear the words “go and do likewise”?

Application:

Your group leader will read an introduction to these questions.

1. Think of a recent, simple expectation that went unmet and made you angry or disappointed. Write it down.
2. Compare that unmet expectation with these inventory questions:
 - **Conscious:** Were you aware you had this expectation?
 - **Realistic:** Is the expectation realistic regarding the other person?
 - **Spoken:** Have you clearly spoken the expectation to them or do you just think they should know?
 - **Agreed Upon:** Has the other person agreed to the expectation?

Expectations are only valid when they have been mutually agreed upon.

3. What did you discover about your expectations?
4. What steps can you take to make your expectations conscious, spoken, realistic, and agreed upon?