



## Community Church

### Relationship Revolution: Emotionally Healthy Spirituality

Growing into an Emotionally Mature Adult

Week of February 19, 2012

*“Growing into an emotionally mature Christ Follower includes experiencing each individual, including myself, as sacred...becoming emotionally mature requires learning, practicing and integrating skills...”  
(Peter Scazzero) (Some ideas for this study have come from the Emotionally Healthy Spirituality Workbook)*

1. What are qualities of emotional immaturity?

a. Of emotional maturity?

#### **View Lifegroup: DVD Week #7**

*“Jesus was aware that true spirituality included not only loving God, but also the skill of loving others maturely” (Peter Scazzero)*

2. Why do you think it is possible to be “committed and growing” with Christ, yet not love others?

#### **Read Luke 10:25-27**

*Just like now in Jesus’ day, people were robbed and mugged. When people heard about these things, it would bother them. In verse 25 we see that an expert in religious law begins asking questions of Jesus, which leads Jesus to tell this story of the Good Samaritan. Samaritans, at that time were considered half-breeds by the spiritually elite Jews and the two groups of people did not associate with each other.*

3. In verse 27 the greatest command is told, why do you think that to love God and people is the greatest command?

a. Verse 29 states that the religious leader was trying to justify his actions, what do you think those actions were?

b. What are some actions that we try to justify when we do not love others well?

4. In verses 31-33 two Jewish religious leaders and a Samaritan encounter this half-dead man lying by the road, what is the difference in what they feel and how they respond?

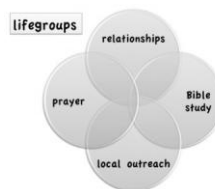
a. Which of these show emotional immaturity or maturity? Explain

5. Think of a time when you have been passed over or looked at as inferior, what were you feeling?
  - a. Who are the people that you have been conditioned to consider less than human and pass over?
6. Reread verses 33-36, the Samaritan has compassion on this man, but how does he retain self-respect and recognize his own limits in what he can do to help?
7. What are some challenges when you think of loving your neighbor and your self?

**Digging Deeper –**

*“Unmet and unclear expectations can create havoc in our places of employment, classrooms, friendships, dating, marriages, sports, families and churches...The problem with most expectations is that they are unconscious, unrealistic, unspoken and un-agreed upon.”(Peter Scazzero)*

1. Write down an example of how someone did not meet your expectations recently.
  - a. What was your response?
  - b. Was your response emotionally mature or immature? Explain.
2. Read verse 37 Jesus tells this man to “go and do likewise.” As you wrestle with emotional maturity, In light of this study, what are you hearing God asking of you?



**(Optional Further Study)**

Book, Emotionally Healthy Spirituality, by Peter Scazzero  
*Walk to Jesus, with Jesus and others to Jesus. 1 John 2:6*