



# DEALINGS WITH OUR FEELINGS

## *1. Emotional Maturity*



**DO YOU THINK OF  
EMOTIONS IN A POSITIVE  
OR NEGATIVE WAY ?**

**Do you think  
there is a connection  
between your emotions  
and your spiritual life?**



**WHAT ARE YOUR STRONGEST EMOTIONS?**

*What makes you emotional?*



**DEFINE EMOTIONAL MATURITY?**

***Who is emotionally mature in your life? Why are they this way?***



## ***Emotional Health***

***God has emotions and created us in His image.***

***We are physical, spiritual, and emotional.***

***Emotions were given not to control us but enable***

***us to enjoy life...the guilt of sin has held our***

***emotions in bondage.***



## ***Emotional Health***

***God want to heal our emotions by working through our spirit rather than adjusting our circumstances.***

***God wants our emotional stability to be based on our relationship with Him rather than physical or chemical stimuli.***

A person is seen from behind, holding a large black umbrella. The background is a dark, stormy sky with several bright lightning bolts striking down. The overall mood is dramatic and intense.

# *Emotional Maturity*

Having emotional intelligence allows you to *manage your emotions, show empathy, and prevent you from getting distracted.*

It also helps you solve problems and be a more likable person.


**John Rampton**



**T1 PRAYER CHANGES OUR MINDSET.**


***Philippians 4:6-8***





**6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

**Philippians 4:6-7**



**8** And now, dear brothers and sisters, one final thing.  
**Fix your thoughts on what is true, and honorable,  
and right, and pure, and lovely, and admirable.  
Think about things that are excellent and worthy of  
praise.**

**Philippians 4:8**



# *Emotional Maturity*

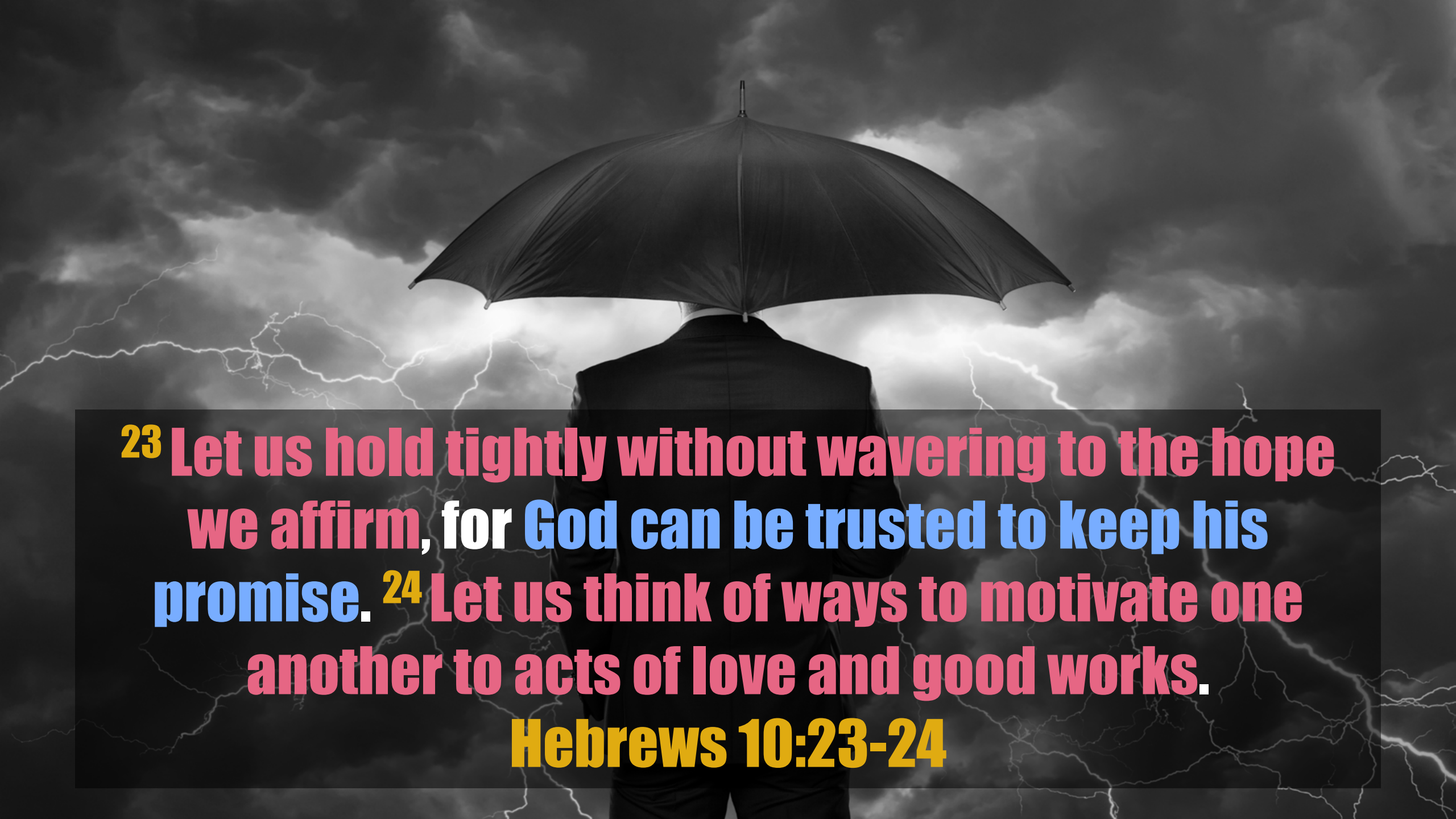
But once you are in the field, emotional intelligence emerges as a much stronger predictor of who will be most successful, because *it is how we handle ourselves in our relationships that determines how well we do once we are in a given job.*

**Daniel Goleman**



**T2 FELLOWSHIP IS VITAL TO MATURITY.**

*Hebrews 10:23-25*



**23** Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. **24** Let us think of ways to motivate one another to acts of love and good works.

**Hebrews 10:23-24**



**25** And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

**Hebrews 10:25**

A person is seen from behind, holding a large black umbrella. The background is a dark, stormy sky with several bright white lightning bolts striking down. The overall mood is dramatic and intense.

## ***Emotional Maturity***

**People who fail to use their emotional intelligence skills are more likely to turn to other, less effective means of managing their mood. *They are twice as likely to experience anxiety, depression, substance abuse, and even thoughts of suicide.***

**Travis Bradbury**



**T3** GOD'S WORD HELPS US LIVE RIGHT.

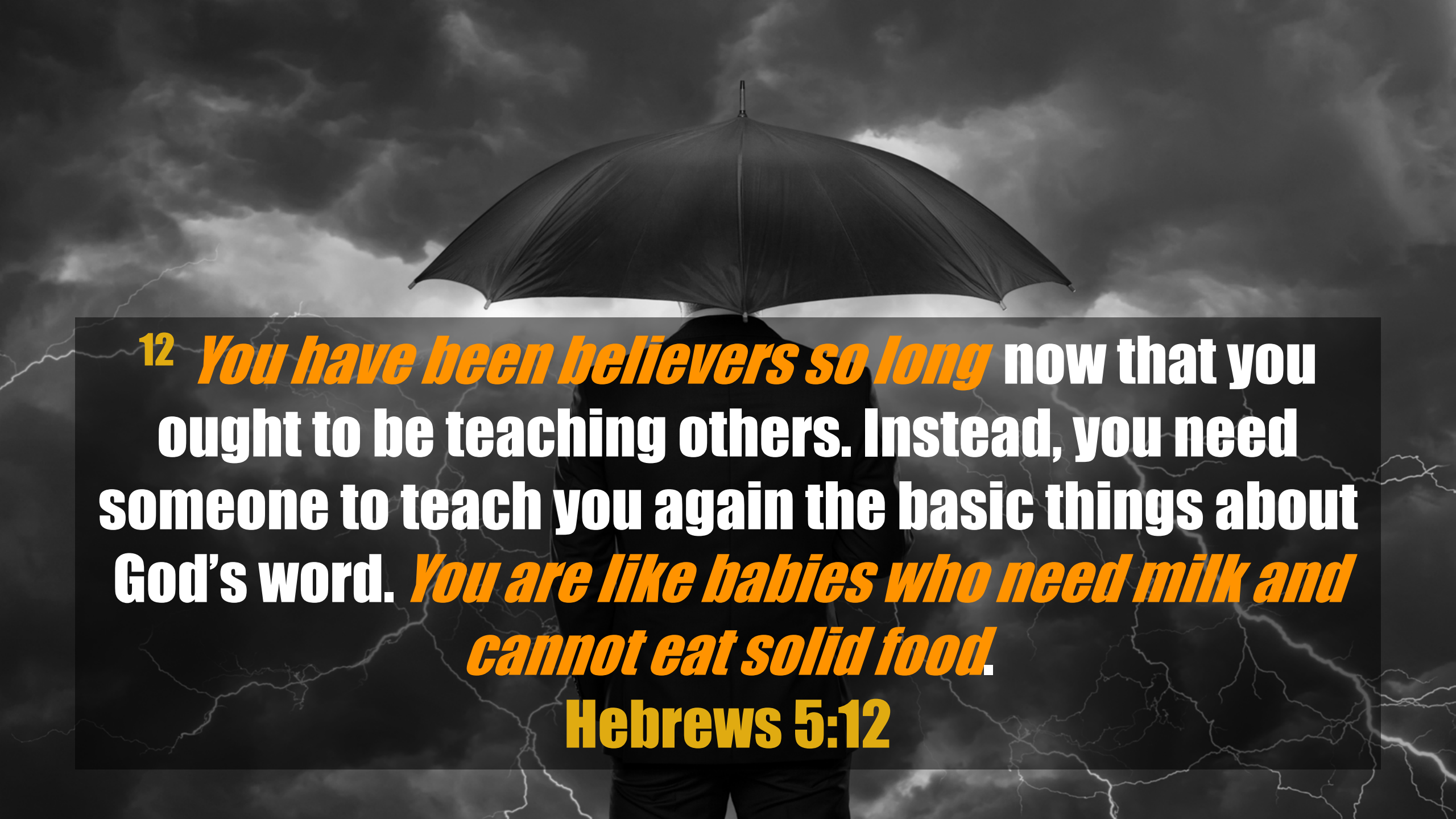
***Hebrews 5:11-14***





**11** There is much more we would like to say about this, but it is difficult to explain, especially since *you are spiritually dull and don't seem to listen.*

**Hebrews 5:11**

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is somber and intense.

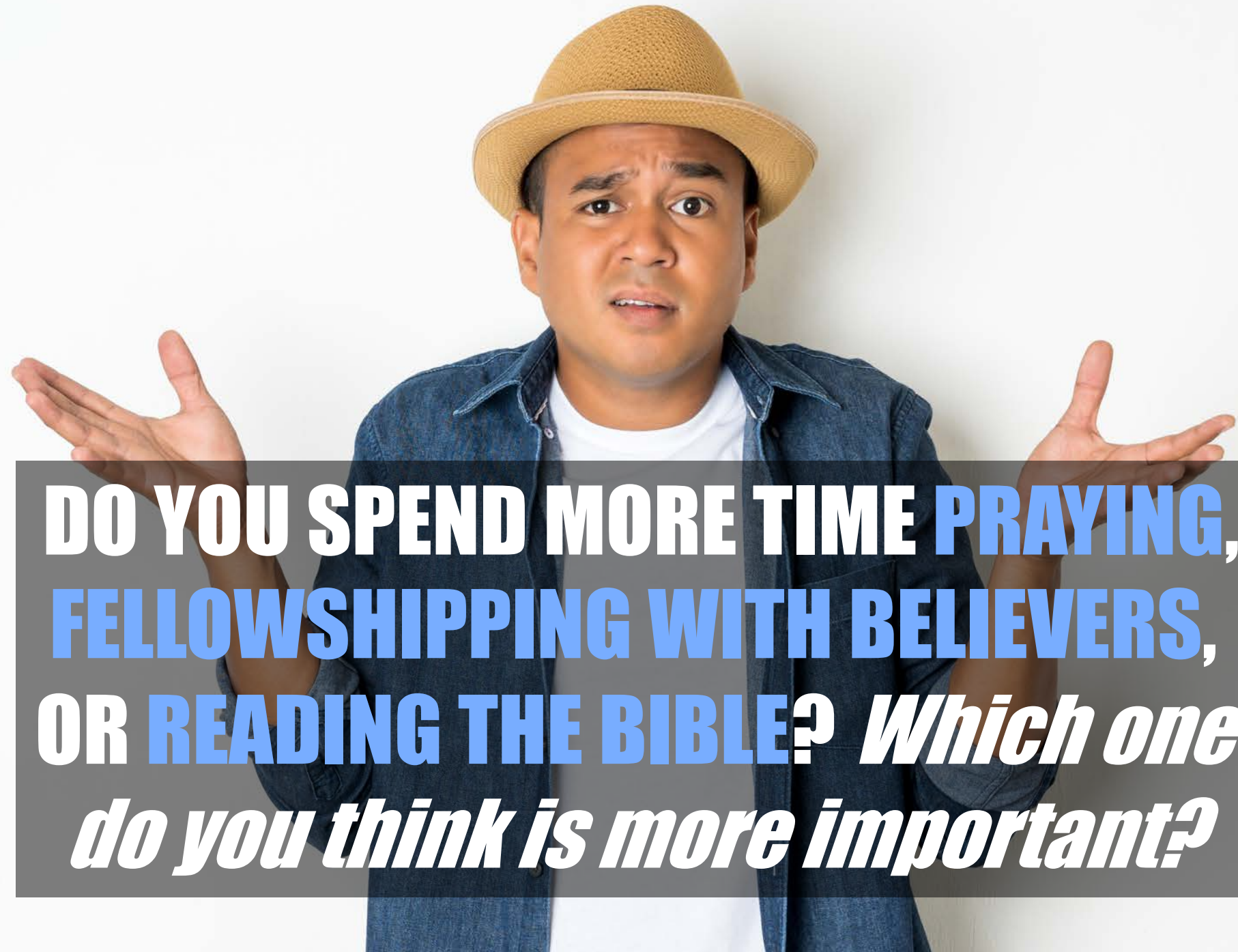
**12** *You have been believers so long* now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. *You are like babies who need milk and cannot eat solid food.*

**Hebrews 5:12**

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky filled with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is somber and intense.

**13** For someone who lives on milk is still an infant and doesn't know how to do what is right. **14** Solid food is for those who are mature, who through training *have the skill to recognize the difference between right and wrong.*

**Hebrews 5:13-14**



**DO YOU SPEND MORE TIME PRAYING,  
FELLOWSHIPPING WITH BELIEVERS,  
OR READING THE BIBLE? *Which one  
do you think is more important?***



**IS THERE A STORM IN YOUR LIFE THAT  
IS TURNING YOU UPSIDE DOWN?**

***How can this group help you?***