



B E C O M I N G
**Emotionally
Healthy**

WEEK FOUR:

**MEASURE
OF
MATURITY**

One can love _____ without loving _____.

No one can love _____ without loving _____.

SERIES BIG IDEA:

Spiritual _____ is having a _____ relationship with God, myself, and others.

Emotional health is measured by my ability to manage what you think, feel, say, and do regardless of what happens to me.

Emotional health and spiritual maturity are inseparable. It is impossible to be spiritually mature while remaining emotionally immature.

Pete Scazzero, *Emotionally Healthy Discipleship* (p.138)

We are created and called to _____ like _____.

All of humanity is created in God's image, and Jesus came to fully _____ God's image in us.

God sees His image in everyone who is _____ than me, has a different opinion than me, and even opposes me.

²⁸ *One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"*

²⁹ *"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' ³¹ The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."*

³² *"Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. ³³ To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices."*

³⁴ *When Jesus saw that he had answered wisely, he said to him, "You are not far from the kingdom of God." And from then on no one dared ask him any more questions.*

Mark 12:28-34 (NIV)

My love for _____ displays my love for _____.

³⁴ *"A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another."*

John 13:34-35 (NIV)

TEACHING BIG IDEA:

Spiritual maturity is loving others the way God through _____ has _____ me.

- **Measure love by how I am fully _____ with others and not _____.** (John 1:14)
- **Measure love by how well I prioritize _____ to others ahead of _____ others.** (John 3:17-18)
- **Measure love by how I deny my _____ in the best _____ of others.** (1 Corinthians 13:4-5)
- **Measure love by how _____ I _____ others.** (Ephesians 4:32)

When God's family sees all people and loves all people because they are made in the image of God, the world will

_____.

WEEK FOUR:

MEASURE OF MATURITY



B E C O M I N G Emotionally Healthy

Prayer:

"Father help me do what Christ's love for me requires of me."

MY NOTES



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TEACHING SUMMARY:

We tend to measure spiritual maturity based on how much knowledge someone has. Jesus has one measure or mark of spiritual maturity, and it is His only benchmark to identify those who are a part of God's family, "As I have loved you, so you must love one another."

Jesus sees the image of God in all of humanity. Sin broke that image, and He came to restore that image in those who receive Him as Savior and follow Him as Lord. God's love was demonstrated through Christ's sacrificial death and resurrection.

We can love each other (God's family) and all others because we see God's image in everyone and because Jesus is the source of our love.

When we keep our eyes on Jesus and His love for us, we will always have the power to love others in the way He loves us.

When we love others as God through Christ has loved us, those around us will see Jesus through us.

TALK-IT-OVER:

What makes you feel most loved by someone else? How do you most like to show love to others?

Do you find yourself able to be present with others or are you easily distracted? Do you listen first or rush to judgement with others?

Are you others or self first? Do you forgive others quickly or hold onto unforgiveness?

What is one step you need to take this week?

Who do you need to share this with?

DAILY SCRIPTURE READING:

Day 1) Philippians 2:5-8

Day 2) 1 John 4:19-21

Day 3) 1 Peter 2:4-5

Day 4) 1 Corinthians 6:19-20

Day 5) John 15:9-13,17

Day 6) Luke 10:26-28