

Emotionally Healthy Spirituality

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1 Corinthians 13 – August 23, 2015

Back to School Sermon Series

EMOTIONALLY HEALTHY SPIRITUALITY		
An 8-Week Sermon Series on Spiritual and Emotional Maturity		
Date	Message Title	Bible Text
Aug. 23	Emotionally Healthy Spirituality	1 Corinthians 13
Aug. 30	Becoming Your Authentic Self	Ephesians 4:22-25
Sept. 6	How Your Family Tree Affects Your Life	Genesis 37-50
Sept. 13	The Dark Night of the Soul	2 Corinthians 12:1-10
Sept. 20	Good Grief (The Inside Out Movie)	Book of Job
Sept. 27	Slowing Down to Be With Jesus	Psalms 46:10
Oct. 4	Learning New Skills to Love Well	Romans 12:9-21
Oct. 11	St. Benedict's Secret to Loving Christ Above All Else	Matthew 22:37-39

The Message of 1 Corinthians 13 for Emotionally Healthy Spirituality

1. It is not possible to be spiritually **mature** while remaining emotionally **immature** (vv.1-3)

- Spirituality is meaningless if it has not touched our emotional maturity.
- 1 Corinthians 13:1-3 paraphrased:
 - If I read my Bible every day, but beat my wife...
 - If I tithe my income to the church, but rage at my kids...
 - If I go to 3 prayer meetings per week, but I am addicted to pornography on my computer...
 - If I volunteer in 8 places in my church, but am passive aggressive in my handling of conflict...
- It is possible to be 45 years old chronologically, but only 5 years old emotionally.
- Application #1 – Where am I at on the emotional and spiritual maturity scale? (1 John 2:12-14)
 - ☐ Child
 - ☐ Teenager
 - ☐ Adult Parent
- Fill in these blanks for your life: "I am ____ years old chronologically, but I am ____ years old emotionally and spiritually."

- **1 Corinthians 3:1-3** (The Message) – But for right now, friends, I'm completely frustrated by your unspiritual dealings with each other and with God. You're acting like infants in relation to Christ, capable of nothing much more than nursing at the breast. Well, then, I'll nurse you since you don't seem capable of anything more. As long as you grab for what makes you feel good or makes you look important, are you really much different than a babe at the breast, content only when everything's going your way?

2. The essence of emotional and spiritual maturity is **love** (vv.4-7)

- The goal of the Christian life is to love well. The goal of the Christian life is to love God and love people well (Matthew 22:37-39).
- Application #2 – An area of emotionally healthy love that I sense God prompting me to grow in is...

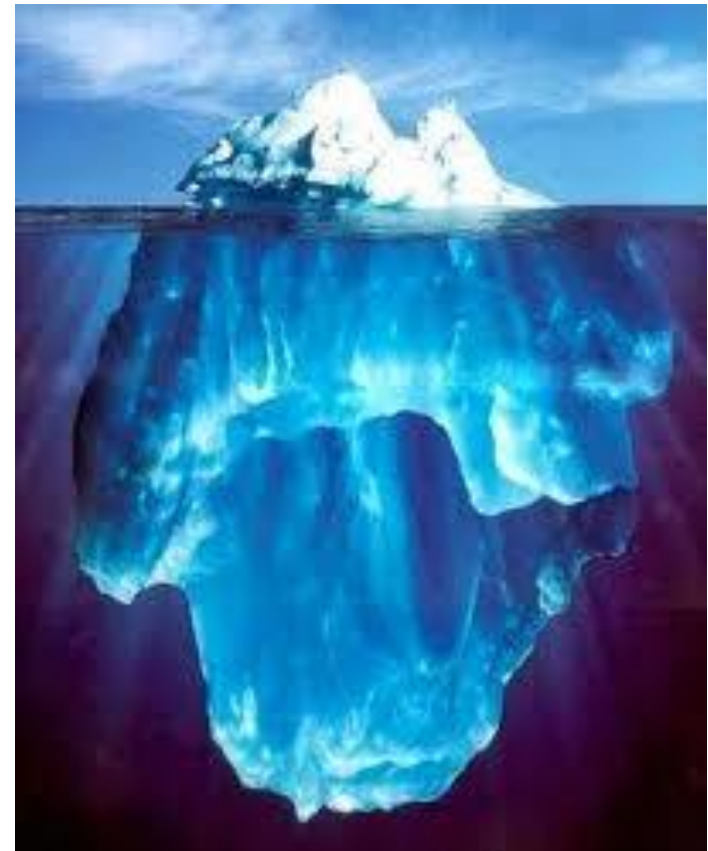
LOVE	EMOTIONALLY HEALTHY SPIRITUALITY
Love is patient	Respect and love others without having to change them
Love is kind	Identify with others and have active compassion for them
Love does not envy	Grieve losses well and live with healthy boundaries
Love does not boast	Accurately self-assess your strengths, limits, and weaknesses and freely share them with others
Love is not arrogant	Practice silence to listen to God in the moment
Love is not rude	Appropriately express your sexuality
Love does not insist on its own way	Surrender to God and appropriately defer to others
Love is not irritable	Develop the capacity to express your thoughts and feelings clearly, both verbally and non-verbally
Love is not resentful	Learn the capacity to resolve conflict maturely and negotiate solutions that considers others' perspectives
Love does not rejoice at wrongdoing	Aware of how your past impacts your present
Love rejoices with the truth	Identify, recognize, and manage your own feelings
Love bears all things	Understand your earthly life as a journey of transformation toward ever-increasing union with God
Love believes all things	Receive God's love for you
Love hopes all things	Ask for what you need, want, or prefer clearly, directly, and respectfully
Love endures all things	Break free from destructive patterns
Love never ends	Initiate and maintain close and meaningful relationships

- Video: "A Back to School Prayer" [3:20] found at skitguys.com

3. In order to become both spiritually and emotionally mature we must **put away childish things** (vv.8-13)

- This paragraph is about maturity – putting away childish ways and becoming a mature adult spiritually and emotionally (v.11)
- Main point: As we look forward to Christ's return (perfection, seeing Him face to face), we should put away (*katargeo*) childish things and grow into maturity.
- *katargeo* = abolish, cease, destroy, do away with
- David Seamands: "I used to think that as a person entered adulthood his childish behavior patterns gradually fell away and new adult patterns took their place. But I have discovered that this is not true. Many people who are chronological adults are still emotional and spiritual children. Their quantity of birthdays may reveal their age in life, but their quality of behavior reveals their stage in life – childhood. The New Testament tells us we are to *katargeo* childish behavior patterns and attitudes that are keeping us from maturity. This Greek word means 'to put away, to render inoperative, inactive, or powerless; to remove the meaning and significance from; to cause a person to be free from something that has been binding him.'" (*Putting Away Childish Things*)
- Application #3 – A major growth area for me that I want to trust God to develop in me over the next 7 weeks is:
 - ☐ I want to seek God's help in taking off my old (false) self and putting on my new (authentic) self (Ephesians 4:22-25)[Aug 30]
 - ☐ I want to seek God's help in processing my family of origin issues in order to diffuse their power over my life (Gen. 37-50)[Sept 6]
 - ☐ I want to seek God's help in journeying through my dark night of the soul (2 Corinthians 12:1-10)[Sept 13]
 - ☐ I want to seek God's help to grieve my losses well and to set boundaries and live within my limits (Book of Job)[Sept 20]
 - ☐ I want to seek God's help to slow down and be with Jesus (Psalm 46:10)[Sept 27]
 - ☐ I want to seek God's help to learn new skills in loving others' well (Romans 12:9-21)[Oct 4]
 - ☐ I want to seek God's help in loving Christ above all else (Matthew 22:37-39)[Oct 11]

- The iceberg illustration – Only 10% of an iceberg is actually visible to the eye; 90% of the iceberg is below the surface.



- Application #4 – I challenge you to reveal the lower part of your iceberg to God and to a person whom you can trust:
 - ☐ Come to the prayer altar and reveal all of your iceberg to God
 - ☐ Sometime in the next week, share your answers to Applications #1, 2, and 3 with a person whom you can trust.