

# Emotional Maturity

CHASING AFTER WHOLENESS IN THE INNER MAN

**RANDY GARISS | 8 SESSIONS**

**NEXT  
LEVEL**   
ONLINE

OZARK CHRISTIAN COLLEGE

## **Emotional Maturity: Chasing After Wholeness in the Inner Man**

### **Session 1: The Unpacked Box of Emotions (part 1)**

The disconnect between emotional maturity and spiritual maturity.

1 Thessalonians 5:23-24

Box of Emotions

- The emotions you haven't unpacked have great control over you.
  
- We take emotions out into the light, get assistance from the Lord and wise people in understanding them, and then putting them back in our box in a far "tamer" and healthy way.
  
- We don't unpack the box because:
  - Activity-based culture not a relationship-based culture
  - Family's "permissible emotions"

What do we do with the unpacked emotions in the box?

- The emotions you don't understand are transferred to the "permissible ones".

Galatians 5:22-23

1 Thessalonians 5:23-24

## **Emotional Maturity: Chasing After Wholeness in the Inner Man Session 2: The Unpacked Box of Emotions (part 2)**

### **What do we do with the unpacked emotions in the box?**

- The emotions you don't understand are transferred to the "permissible ones."
- We transfer the emotions you don't understand to something physical.

Your "Baal and your Asherah" will never be your healer. They can be:

- Negative -
- Neutral -
- Positive -

It is time we began to figure out HOW to take these "yet to be matured" emotions to the Lord and the Lord's people.

1 Thessalonians 5:23-24

## **Emotional Maturity: Chasing After Wholeness in the Inner Man**

### **Session 3: The Discipline of Silence and Solitude with God**

Emotional immaturity exacts a high cost to those around us.

Luke 6:40

You will have to choose the Discipline of Silence and Solitude with the Lord.

Look at the life of Jesus and notice an obvious pattern.

- Luke 5:15-16
- Mark 1:33-37
- Matthew 14:13, 14:23
- Luke 6:12
- Matthew 4:1-11, 26:36

Intentional discipline of silence and solitude

Psalm 23

Do you have a meeting place with God?

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### **Session 4: The Power of the Deeper Story**

Your emotions are always tied to your deeper story.

What has happened to us does not control us. It is the narrative that we have created to make sense of what has happened to us that actually dictates and controls.

When you meet Christ in the scriptures and in silence and solitude, he is going to challenge your deeper story.

The process of repairing our emotions is almost always the process of the Gospel washing through and changing my life.

It is pretty clear what the Lord's heart for us is:

- Isaiah 49
- Jeremiah 31
- Psalm 52

When I believe the Gospel at a deeper level, my emotions begin to match the Christ who loves me.

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### **Session 5: The Essential Discipline of Friendship**

Every culture has a price to be paid for living in that culture.

Two dangers:

1. We are unrepaired.
2. Life is too hard!

How do you get friendships?

1. Set your feet on the path that God has called you and you look for the “fellow travelers.”
2. People have to be a priority that you really invest in.

Four principles about friendships found in the book of Proverbs:

Consistency - Proverbs 17:17

Carefulness - Proverbs 26:18-19

Candor - Proverbs 27:6

Counsel - Proverbs 27:9

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### **Session 6: Right Direction Thinking**

There is a connection between how you think and how you feel.

The dominant way of thinking

- Philippians 4:4-9
- Colossians 3:2-17

Questions that help you through your pattern:

- What is the heart of God?
- What does my reason tell me?
- What do my longing emotions tell me?
- Make a decision.
- Stand in the face of my negative emotions.

What is your pattern? Are you consistent?

30-day exercise in wearing thankfulness:

- 5 things I am thankful for
- 3 people I am grateful to
- 1 person will hear from me today about how thankful I am for them

## **Emotional Maturity: Chasing After Wholeness in the Inner Man**

### **Session 7: Living in Wholeness (part 1)**

Three questions to ask:

- What does God hold me accountable for?
- What does it mean to be a human being and to live the life we were intended?
- What would a life of wisdom and wholeness look like?

Randy's list of 10 essentials for a life of wholeness:

1. Have a heart of worship where I share the day with the Lord.
  - John 14:15-23, Hebrews 13:5-6, John 15:1-17
  - A question to be asked at the end of every day is “Did I worship today? Did I share the day with the Lord?”
  
2. Have a handful of godly friends who know everything about me.
  - 1 Kings 19, 2 Timothy 4, Romans 16
  - A question for the end of every day is “Did I make some investment in good friends today?”
  
3. Faithfully and joyfully live out my role in my family.
  - Matthew 15, Ephesians 4-5, 1 Peter 3:7
  - A question for the end of every day is “Did I serve my family with what I could today?”
  
4. Take up the “towel and basin” and advance the cause of Christ where it is not.
  - John 13:1-17
  - A question for the end of every day is “Did I advance the cause of Christ today?”
  
5. Work hard.
  - Proverbs 12-13, Ecclesiastes 9:10, Colossians 3:17
  - A question for the end of every day is “Somewhere today, did I work hard?”

When you begin to leave “one behind,” it is not *something* you are leaving behind, but *you* that you are leaving behind!



## **Emotional Maturity: Chasing After Wholeness in the Inner Man**

### **Session 8: Living in Wholeness (part 2)**

The first half of Randy's list of 10 essentials for a life of wholeness:

1. Have a heart of worship where I share the day with the Lord.
2. Have a handful of godly friends who know everything about me.
3. Faithfully and joyfully live out my role in my family.
4. Take up the "towel and basin" and advance the cause of Christ where it is not.
5. Work hard.

Randy's continued list of 10 essentials for a life of wholeness:

6. Rest.
  - Mark 6:31
  - A question for the end of every day is "Did you get real rest today?"
  
7. Solitude.
  - See the verses from Session 3
  - A question for the end of every day is "Did you meet with God in quietness today?"
  
8. Stewardship of your body.
  - 1 Timothy 4:8
  - A question for the end of every day is "Are you taking care of your body?"
  
9. Stewardship of everything you possess.
  - Luke 16:10-12
  - A question for the end of every day is "Have you cleaned up the chaos today?"
  
10. Creativity.
  - A question for the end of every day is "Have you cared about beauty or the things that interest you today?"

1 Thessalonians 5:23-24 "Himself, God himself, the God of peace, may he sanctify you through and through, may your whole spirit, soul and body be found sound and blameless at the coming of the Lord Jesus. And the one who called you is faithful and he will do it." *(In the recording it accidentally says Peter, but it is Paul!)*

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