



## Doing Life Well – Adulthood With Jesus

Date: Sunday 18<sup>th</sup> February 2018

Speakers: Michael Munson

Key Verses: Luke 10:27-35

### Summary

- Jesus is inviting us into maturing well as his followers. But we need to find a way to learn from him what it actually means to be mature, and emotionally healthy.
- Looking at the passage in Luke 10, we see Jesus responding to a passage about eternal life, and it gets linked to Loving well. Loving God with everything you are and loving your neighbour as yourself.
- But in our effort to love just enough to fulfil our quota of love towards others, we miss that Jesus is calling us to love ourselves and others and everyone in-between, with extravagant, self-sacrificial love. That is adult looking love.
- And when we do that we begin to act a certain way. Emotionally and relationally we mature. And this is what it looks like:

#### A. Emotionally Healthy

1. Accurately assess their own limits, strengths and weaknesses and are able to freely discuss them with others.
2. Recognise, manage, and take responsibility for their own thoughts and feelings.
3. Are able to ask for what they need, want, or prefer— clearly, directly, honestly.
4. Are deeply in tune with their own emotional world and able to enter into the feelings, needs, and concerns of others without losing themselves.
5. Can when under stress, state their own beliefs and values without becoming adversarial.

## **B. Relationally Healthy**

1. Respect other without having to change them
  2. Give people room to make mistakes and not be perfect
  3. Appreciate people for who they are— the good, bad, and ugly— not for what they give back.
  4. Have the capacity to resolve conflict maturely and negotiate solutions that consider the perspectives of others
- But we must remember, that in an effort to “Do life well” it can become about our action. And in reality it is about God’s action, and our submitting to that. We can’t fix ourselves or heal ourselves it is the Holy Spirit that empowers and changes us.
  - So bringing our inability to ‘do’ this before Jesus is a perfect start, and inviting others into it and be honest and transparent is important.
  - But in the end we are limited, and we need to invite God in prayer to give us what we need to become mature and emotionally healthy followers of Him.

## **Questions for Small Groups**

- What does it mean, in your own words, to Love God; with your heart, soul, strength and mind?
- Have you ever read the story of the Good Samaritan before?
- What are your thoughts on that story?
- Why do you think Jesus asks the lawyer to give him the answer to his own question?
- Who do you think Jesus would have put into the story if you had asked the question, “Who is my neighbour?”
- The same way we exchanged our sin for his life when we gave our lives to Jesus(salvation), is the way we walk it out in life; exchanging anger, un-forgiveness, hurt to him for more life, love, forgiveness, etc. How are you doing with giving those things to Jesus (not dwelling on them) and then receiving the good stuff from him?
- What are one or two things from the emotional or relational healthy areas that you think Jesus is inviting you to press into and allow him to help you to heal and grow in?