

How to Mature in Your Emotions
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Broadcast Dates: 10/2/23-10/3/23
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Scripture References:

- 1 Corinthians 9:19-23
- 1 Corinthians 10:33
- Ecclesiastes 3:1
- Matthew 9:14, 15
- Luke 9:3
- Luke 22:35, 36

Summary:

*Our level of emotional maturity determines our success or failure in everything we do; as Christians, we must learn not only on the spiritual level, but also how to deal with our feelings. Maturing emotionally is an ongoing process for us to reach successful solutions to problems. One of the ways we mature is learning how to be flexible in adverse situations; this allows us to yield to God and allows Him to bring about the transformation He wants. The high level of emotional maturity God wants from us empowers us to successfully handle even the ugly parts of life without allowing them to negatively impact **our** emotions.*

Notes:

1. Being emotionally mature involves analyzing our feelings so we can handle negativity.
2. An emotionally mature person has reached a level of self-understanding regarding their thoughts and behavior. This helps them decide on the best approach to deal with situations that could challenge them.
3. Flexibility is one criterion to look at in determining whether our emotions are maturing.
4. When something does not go as smoothly as expected, an emotionally mature person can think things out and go to an alternate plan in order to keep moving forward.
5. Spiritual maturity requires that we adapt to every season; we must learn to adjust as changes come.

Category: spiritual growth

Keywords: mature, emotions, emotional, maturity, feelings, maturing, emotionally, successful