

Ten Signs of Emotional Maturity
Creflo Dollar
Broadcast Dates: 10/4/23-10/5/23
Message Date: 3/1/23 ● 7:00 P.M.

Scripture References:

- Ephesians 4:26
- John 10:10, *AMPC*

Summary:

As Christians, our well-being encompasses not just our bodies and our spirits, but also our feelings. Our emotions reside in our souls and have considerable control over the direction of our lives. If we don't mature emotionally, we can end up in a bad place. Emotional maturity doesn't mean being serious all the time; being willing to loosen up a bit allows us to enjoy life, which is God's will for us.

Notes:

1. Signs that we're reaching a level of emotional maturity include being flexible, taking ownership and responsibility, admitting that we don't know everything, looking for learning and growth in every opportunity, and actively seeking out multiple points of view to help keep our own opinion informed.
2. Other signs of reaching levels of emotional maturity include remaining resilient when we're upset or encounter setbacks or disappointments, having a calm disposition, believing in ourselves, approachability, and a good sense of humor.

Category: spiritual growth

Keywords: emotional, maturity, well-being, feelings, emotions, souls, mature, emotionally