

GROW IN CHRISTLIKENESS – Gen 1:27, Rom 8:29, 1 Cor. 11:1, 3:18

7 Marks of Spiritual/Emotional Health – www.emotionallyhealthy.org

- 1. Be Before You Do** - I spend sufficient time along with God to sustain my work for God so that I live out of a cup that overflows. Mk 1:35 It is easy for me to identify what I am feeling inside. Lk 19:4 People close to me would describe me as content, non-defensive, and free from the approval or disapproval of others.
- 2. Follow the Crucified, Not the Americanized Jesus** - I have rejected the world's definition of success. Jn 4:34 Listening to Jesus and surrendering my will to His will is more important than any other project, program, or cause. Mt 17:5 People close to me would describe me as patient and calm during failures, disappointments, and setbacks.
- 3. Embrace God's Gift of Limits** - I've never been accused of trying to do it all or biting off more than I can chew. Mt 4:1 I'm regularly able to say no to requests and opportunities rather than overextending. Mk 6 Those close to me would say I am good at balancing family, rest, work and play in a biblical way. Ex 20:8
- 4. Discover Hidden Treasures Buried in Grief and Loss** - I openly admit my losses and disappointments. Ps 3 When I go through disappointment or loss, I reflect on how I'm feeling rather than pretend that nothing is wrong. 2 Sm 1:4 I can cry and experience depression or sadness, explore the reasons behind it, and allow God to work in me through it. Ps 42
- 5. Make Love the Measure of Spiritual Maturity** - I am regularly able to enter into the experiences and feelings of others. Phil 2:3 People close to me would describe me as a responsive listener. Jm 1:19 I have little interest in making snap judgements about other people. Mt 7:1
- 6. Break the Power of the Past** - I resolve conflict in a clear, direct, and respectful way rather than putdowns or avoidance. Mt 18 I am intentionally working through the impact of significant "earthquake" events from my past. Ps 51 I take responsibility for my past and present avoiding blame and self-justification.
- 7. Live out of Weakness and Vulnerability** - I often admit when I'm wrong, readily asking forgiveness from others. Mt 5:23 I am able to speak freely about my weaknesses, failures, and mistakes. 2 Cor 12:7 Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective. Jm 1:19

Maturity Gauges:

- >>>**Infant** – I look for people to take care of me. >>>**Child** – disappointment and stress unravels me.
>>>**Adolescent** – I'm defensive and resentful. >>>**Adult** – I respect and love others.