



DISCIPLESHIP JOURNEY

EMOTIONAL AND SPIRITUAL MATURITY

Anchor Scriptures: Proverbs 16:32, Galatians 5:22–23, Hebrews 5:14

CORE TRUTH:

Maturity is not only seen in what you _____. It is also seen in how you _____. A person can be _____ and still immature. A person can be _____ and still unstable. Maturity is becoming _____ on the inside.

It is responding with:

- _____ instead of impulse
- _____ instead of confusion
- _____ instead of instability

1. WHAT MATURITY REALLY IS

Emotional maturity = _____ responses

Spiritual maturity = living under the _____ of the Holy Spirit

Maturity affects:

- how you _____
- how you _____ pain
- how you handle _____
- how you make _____

Maturity develops through:

- _____
- correction
- _____
- practice

A mature believer is not _____ – they are _____.

2.SELF-AWARENESS

Self-awareness means:

- Recognizing your _____
- Understanding your _____
- Seeing your _____

Without self-awareness:

- People _____ others
- Stay _____
- Repeat _____

God cannot heal what you refuse to _____.

Growth begins where _____ begins.

A mature person learns to _____ before reacting.

3.RULED RESPONSES

Maturity means you can _____ without being controlled.

The person who rules their _____ is strong.

Immaturity:

- _____ before discerning
- _____ before praying
- _____ emotionally

Maturity produces:

- _____
- stability
- _____

Self-control protects your:

- _____
- relationships
- _____

4.DISCERNMENT & DEPTH

Maturity produces _____.

Discernment helps you know:

- What is of _____
- What is of the _____
- What is _____

Mature believers are not easily _____.

Depth means:

- You remain _____
- You stay _____ in truth
- You obey without needing _____

5. INNER LIFE

Your _____ life shapes everything.

God uses:

- _____
- correction
- _____
- relationships

The goal is not _____ it is _____.

A mature believer becomes _____ for others.

DECLARATION

I will rule my _____.

I will grow in _____.

I will respond with _____, not impulse.

I will become _____ and _____ mature.

Teach me to rule my _____.

Grow me in _____ and _____.

Help me live by _____, not _____.

In Jesus name. Amen.

