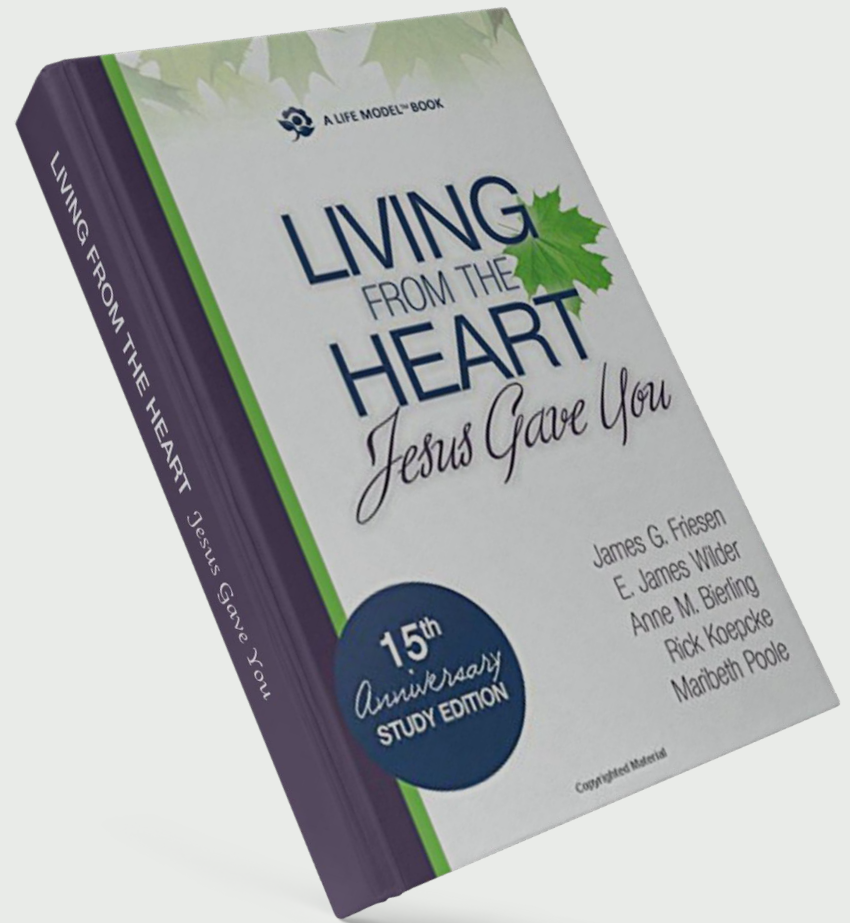


LFTHJGY (3)

LOVE BONDS



LFTHJGY WHY MATURITY?

Hebrews 5 12Although by this time you ought to be teachers, you need someone to reteach you the basic principles of God's word. You need milk, not solid food! 13For everyone who lives on milk is still an infant, inexperienced in the message of righteousness. 14But solid food is for the mature, who by constant use have trained their senses to distinguish good from evil.

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WHY MATURITY?

Progress in maturity increases success in marriage, parenting, and leadership. Friendships become deeper, and relationships become more mutually satisfying.



Colossians 3:12–13 “Therefore, as God’s chosen people, holy and dearly loved



Colossians 3:12–13 “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion*, kindness, humility, gentleness and patience. Bear with each other and forgive one another... Forgive as the Lord forgave you.”



James 5:16 “Therefore confess your sins* to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” (*miss the mark)

ADULT MATURITY

‘The adult simply thinks
and decides differently.’

HOW WE MATURE



~~MULTIGENERATIONAL~~
INTERGENERATIONAL
COMMUNITY



**THE WESTSIDE CHURCH
MATURITY SURVEY**

HOW WE MATURE



IDENTIFY WEAK AREAS TO WORK ON



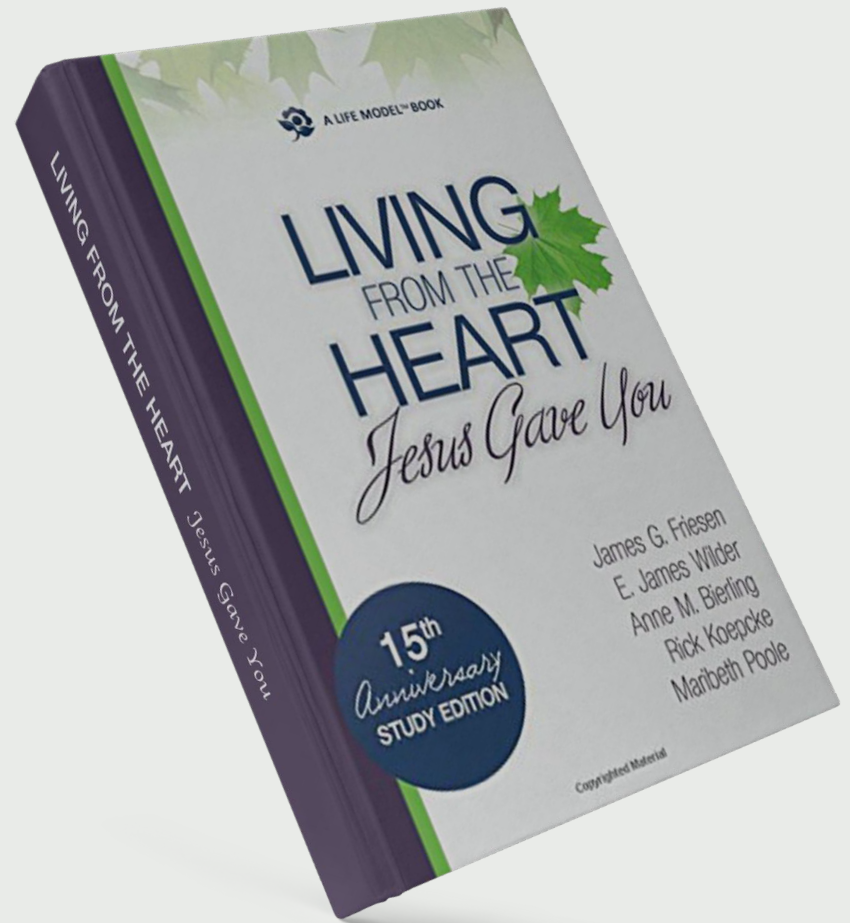
GET FEEDBACK FROM LOVED ONES



EXAMINE MATURITY INDICATORS &
STAGES → **EXPLORE WOUNDS & FEARS**

LFTHJGY (3)

LOVE BONDS



FUNDAMENTAL HUMAN NEEDS

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graph TD; A[FUNDAMENTAL HUMAN NEEDS] --> B[ATTACHMENT]; A --> C[AUTHENTICITY]; B --> D[Ability to build strong loving and secure bonds with others.]; C --> E[Being connected to our true selves. Knowing what we feel and able to act on it in a healthy way.];
```

APPROVAL
SEEKING

DEFECTIVENESS
& SHAME

DEFECTIVENESS
& SHAME

ATTACHMENT

AUTHENTICITY

EMOTIONAL
DEPRIVATION

EMOTIONAL
INHIBITION

ABANDONMENT

SOCIAL
ISOLATION

UNRELENTING
STANDARDS

ABUSE

ABUSE

Ability to build strong
loving and secure bonds
with others.

Being connected to our
true selves. Knowing
what we feel and able to
act on it in a healthy way.

AVOIDING FEAR BONDS

(Page 62)

Infant and Child Stages

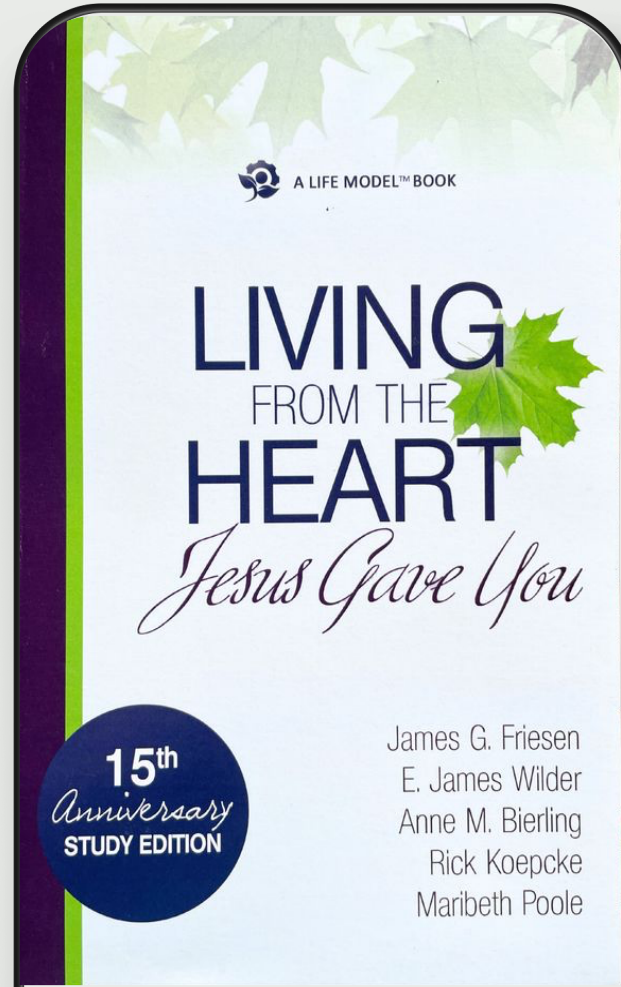
Conflict Resolution Tool

1. Acknowledge **Weakness(es)**
2. Identify **Fear(s)**
3. Express **Needs**
4. Share **Feelings** (gently)
5. Take **Responsibility** (do differently)
6. **Apologize** (if necessary)
7. Express **Forgiveness**



Homework

- Identify Fears in Maturity Gaps
- In Small Grp discuss MATURITY part 3- Love Bond and Fear Bond Questions (pg 70)
- Read 'Recovery' chapter (pg 71-107)
- Pray...



Use the
Conflict
Resolution
Tool

PRAY...Lord...

1. Help me to see what you see in myself and others
2. Give me the courage to explore my fears
3. Help me develop love bonds with people who can help me grow

Conflict Resolution Tool

