



THE WESTSIDE CHURCH

MATURITY SURVEY

When becoming aware of the need for maturity and growth, are we expected to change immediately? **If we know the good we ought to do and don't do it** are we sinning?



When becoming aware of the need for maturity and growth, are we expected to change immediately? **If we know the good we ought to do and don't do it** (James 4:17) are we sinning?

In groups of 3 or 4 discuss and answer the questions, using the Bible.



# LFTHJGY RECOVERY

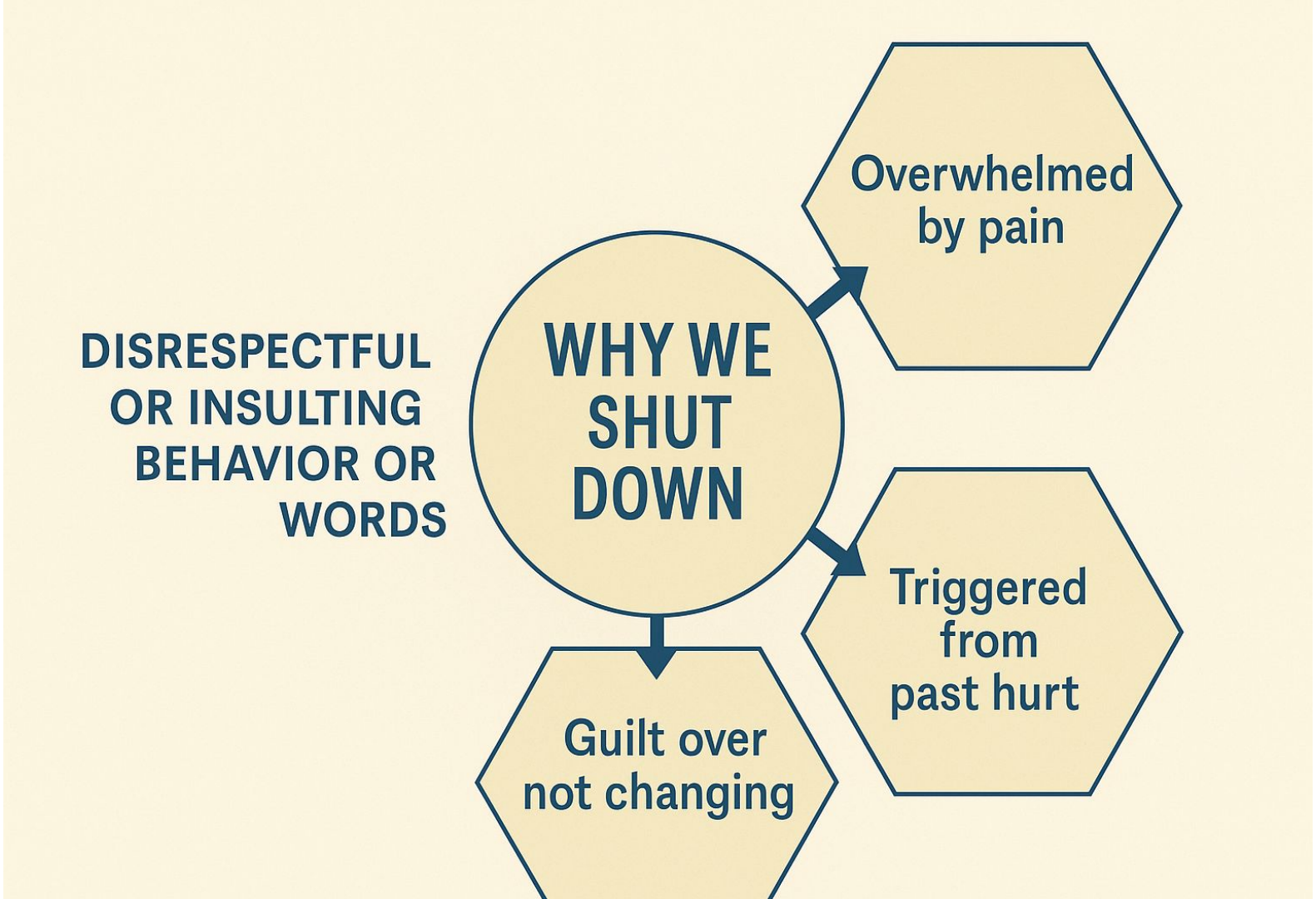
**ROMANS 12:2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

# Fear, Triggers & Guilt

Triggers come from past emotional pain

Fast track relational brain reacts before logic

Guilt comes from expecting instant change


DISRESPECTFUL OR INSULTING BEHAVIOR OR WORDS
WHY WE SHUT DOWN
Overwhelmed by pain
Triggered from past hurt
Guilt over not changing

# WHY WE SHUT DOWN

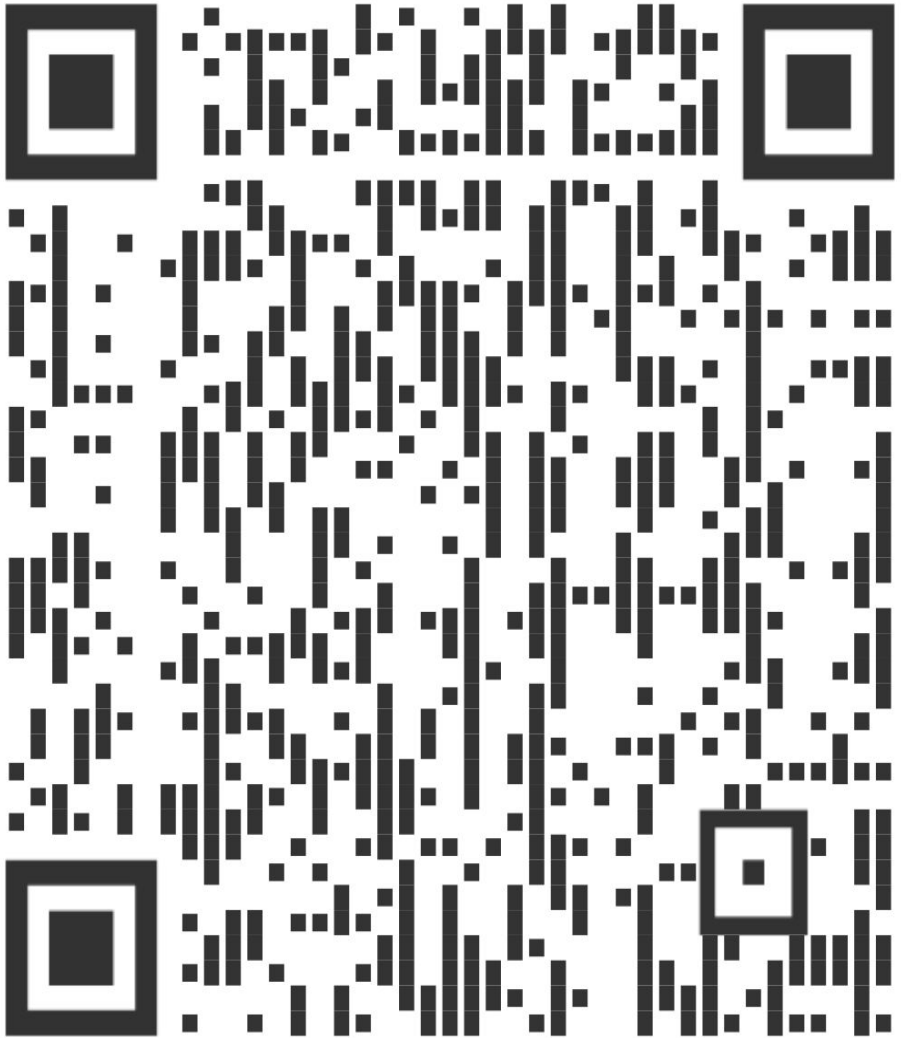
| Response | Root Cause | From Maturity? |
| --- | --- | --- |
| Freezing or silence | Overwhelm, emotional shutdown, past trauma | ✗ |
| People-pleasing or avoiding | Fear of rejection, weak identity | ✗ |
| Peaceful restraint | Strong identity, joy capacity, staying relational | ✓ |
| Calm but present response | Maturity, discernment, trust in God | ✓ |

# REMEMBER!

‘The adult simply thinks and decides differently.’

# Tools for Recovery and Growth

1. Problem Deconstruction
2. Immanuel Journaling
3. Joy exercises
4. Community
5. Healing Fear Bonds



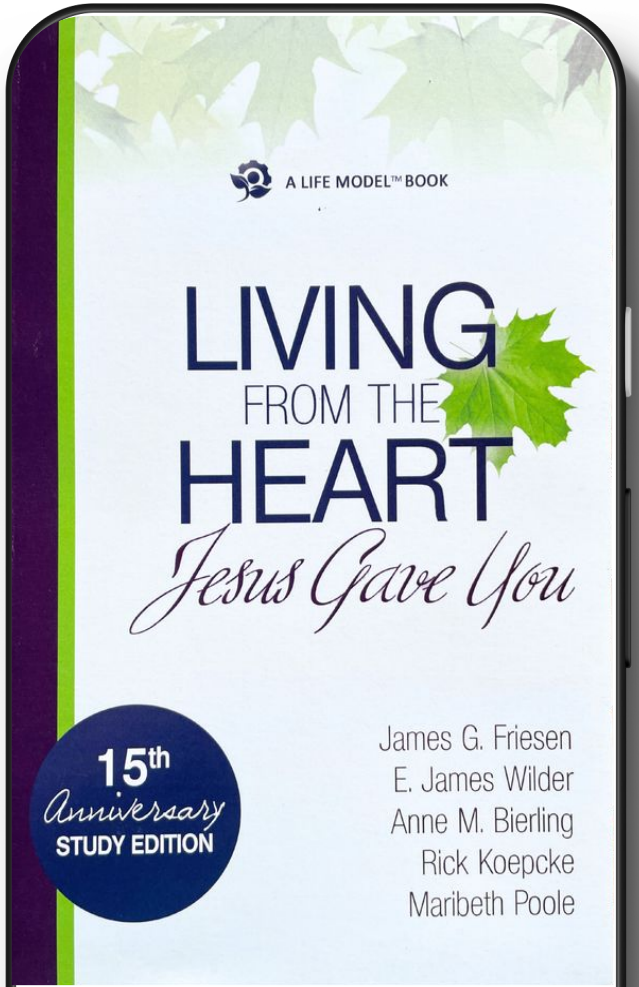
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# Homework

- Use the **Recovery Tool Kit**
- In Small Group discuss **RECOVERY part 1 (pg 82)**
- Read **'Recovery' chapter** (pg 71-107)



# PRAY IN PAIRS