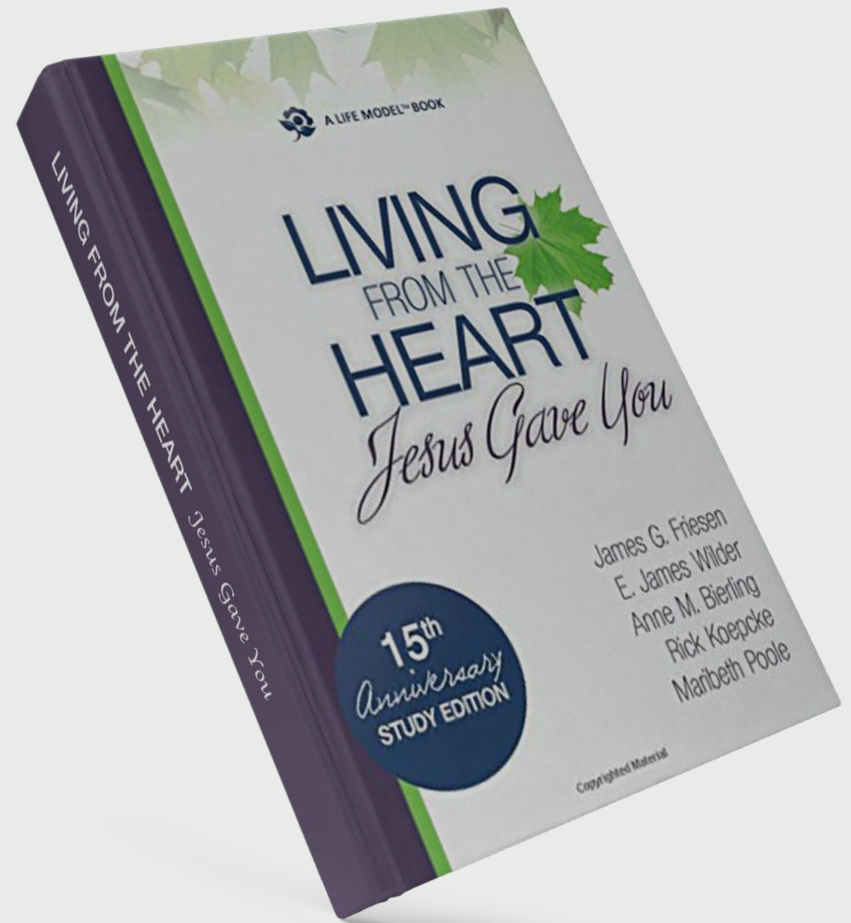


**GOLDEN
MEMORIES**

The text "GOLDEN MEMORIES" is rendered in a bold, sans-serif font with a yellow-to-white gradient. The letters are surrounded by numerous yellow starburst and dot patterns of varying sizes, creating a festive and celebratory atmosphere against the solid black background.

LFTHJGY


LIVING THE LIFE MODEL



Ephesians 4:13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Galatians 4:19 My dear children, for whom I am again in the pains of childbirth until Christ is formed in you,

Maturity does not add to our value; rather, maturity helps us better express and share ourselves with the people we love - we have more life to give!

 How would you describe the relational legacy you want to leave?
In other words, what do you want your family, friends and coworkers to have said say about you?

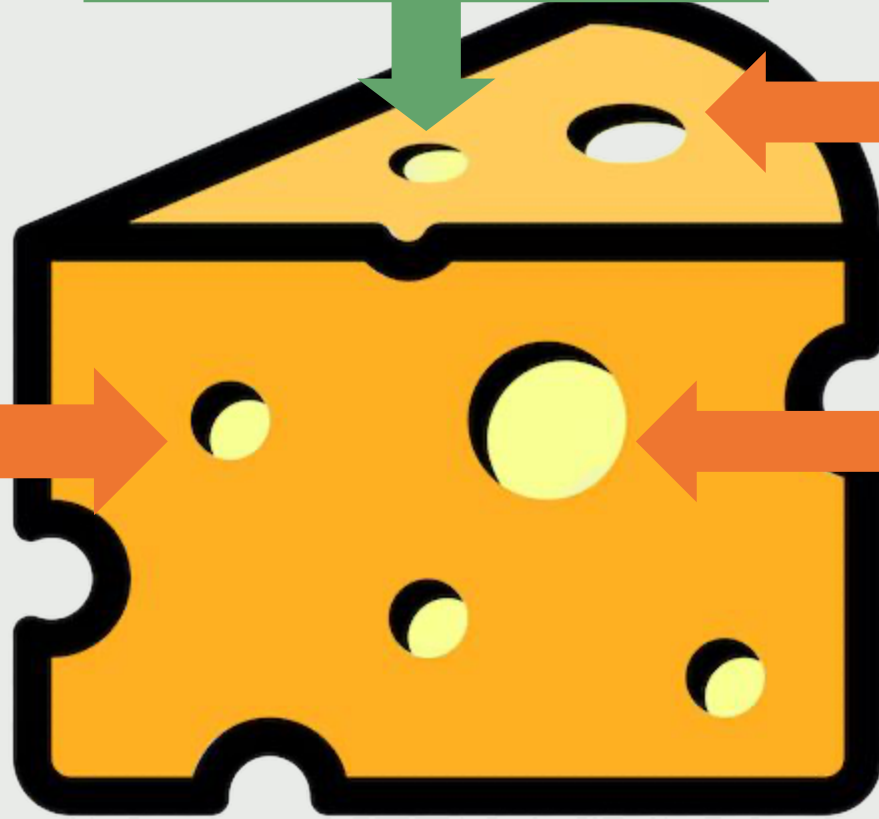
Think for a moment and share with the person next to you.

MATURITY GAPS

ADULT

INFANT

CHILD



I have moved from “me-ness” to “we-ness” & can take care of at least 2 people at the same time in a way that feels mutually satisfying. I am a team player and can easily partner with others. My relationships are marked by fairness and mutual satisfaction.
I can synchronize with others—attuning to their feelings and needs while also expressing mine.
I have bonded with peers. Together, we effectively use our collective power, seek truth, and enjoy close relationships.
I can remain stable & relational in difficult situations and return myself & others to joy.
I protect my personal and group identity when boundaries are violated.
I take responsibility for my actions & protect others from my power when necessary. I use my personal power well to bless myself and others and can integrate my sexual and spiritual parts.
My personality is integrated (not compartmentalized) and I remain the same person when in different roles and when under duress. I can embrace my pain, passion, and talents into one life giving identity.
I live in a way that expresses my heart while also affirming the unique identities of others.
I make important contributions to my family and community.

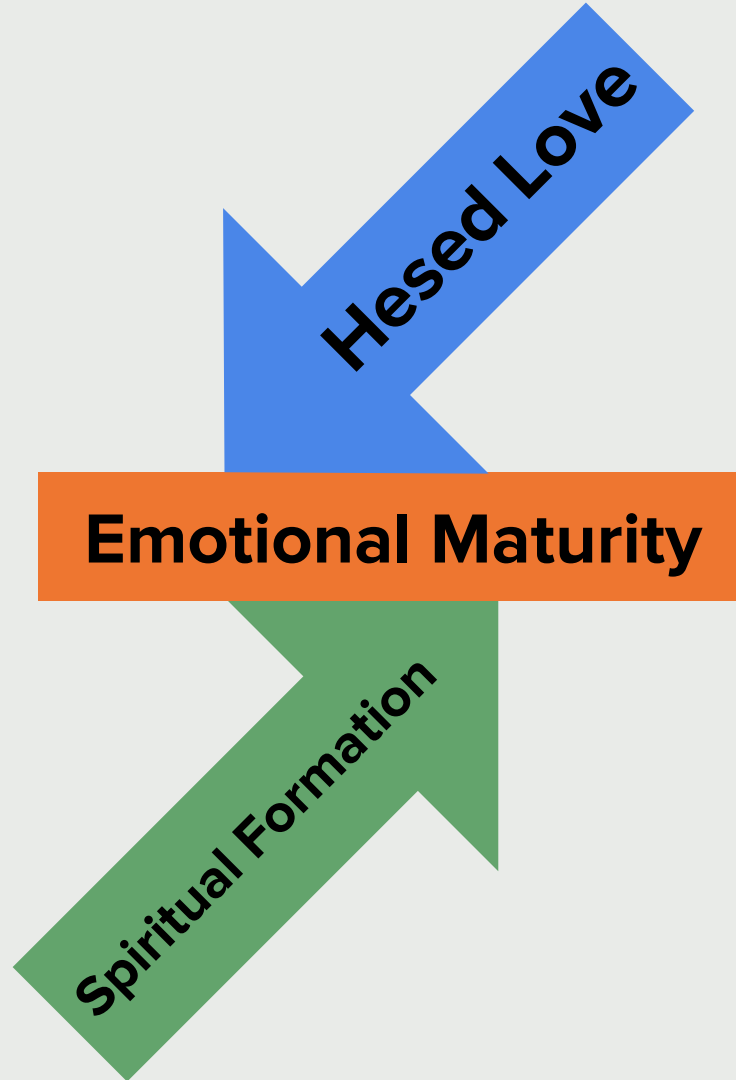
How might your maturity gaps hinder you from achieving your desired legacy?

Philippians 1:6

being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

“

Living from the heart, Jesus gave you means you are being the person you were designed to be. You are acting like yourself. You are following an inner directive that if **governed by the Spirit of God** keeps you on the path that is spiritually attuned to you. [Your heart learns to follows God's leading.]



STEPS TO MATURITY



COME TO JESUS

(Prayer and Immanuel Lifestyle)

**FIND PEOPLE TO SHARE WITH
AND LEARN FROM**


IDENTIFY GAPS IN ADULT STAGE

Adult Stage Maturity Indicators

Primary Task in this Stage: Taking Care of Two People Simultaneously

Primary Problem if Incomplete: Unable to form Mutually Satisfying Relationships

Personal Tasks	Community & Family Tasks	When the Tasks Fail	Resources to Help
1. Cares for <u>both</u> self and others simultaneously; can see others through “eyes of heaven”	Provides the chance to participate in group life.	Is self-centered; leaves other people feeling dissatisfied and frustrated	<i>How to Raise and Adult Hold me Tight Created for Connection</i>
2. Remains stable in difficult situations and knows how to return self and others to joy.	Affirms that the young adult will make it through difficult times.	Conforms to peer pressure and participates in negative/destructive activities	<i>RARE Leadership ThriveToday.Org (blog)</i>
3. Bonds with peers; develops identity.	Provides positive environment and activities where peers can bond.	Is a loner, with tendencies to isolate; shows excessive self-importance.	<i>Connecting (Crabb)</i>
4. Takes responsibility for how personal actions affect others, including protecting <u>others</u> from self.	Teaches young adults that their behaviors impact both others and history.	Is controlling, harmful, blaming, manipulative, and unprotective toward others.	<i>Just between Father & Son Living with Men</i>
5. Belongs and contributes to the community.	Allows young adults to do important community tasks.	Does not become a life-giving contributor to the community. Is self-absorbed and uses others – DRAINS SOCIETY	<i>Tattoos on the Heart Passion</i>
6. Expresses the characteristics of his/her heart in a deepening <i>personal</i> style.	Encourages each person to develop <u>true</u> self.	Is driven to ‘play roles,’ prove self to the world, get results, and seek approval.	<i>Living from Heart Jesus Gave You The Gifts of Imperfection</i>



We are transformed by who we love more than what we believe. We should neglect neither but **make attachment love our priority**. The means and mechanisms for developing Christlike identity in a human brain are tied, at every level, to the need for loving attachment. Restoration is a relational process. Salvation gives us a new heart and a lover for our soul.

**INCREASES
RELATIONAL
CAPACITY**
(build joyful
connection)

**INCREASES
EMOTIONAL
CAPACITY**
(healthy
processing of
emotions)

James 1:2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

“Unless our character is tested, we easily forget that we can stay emotionally stunted.*

Instantaneous responses reveal our character. Hardships help reveal our maturity gaps. Use the tension to grow!



Let me ask you something.
If someone prays for
patience,
you think God gives them patience?
Or does he give them the
opportunity to be patient?

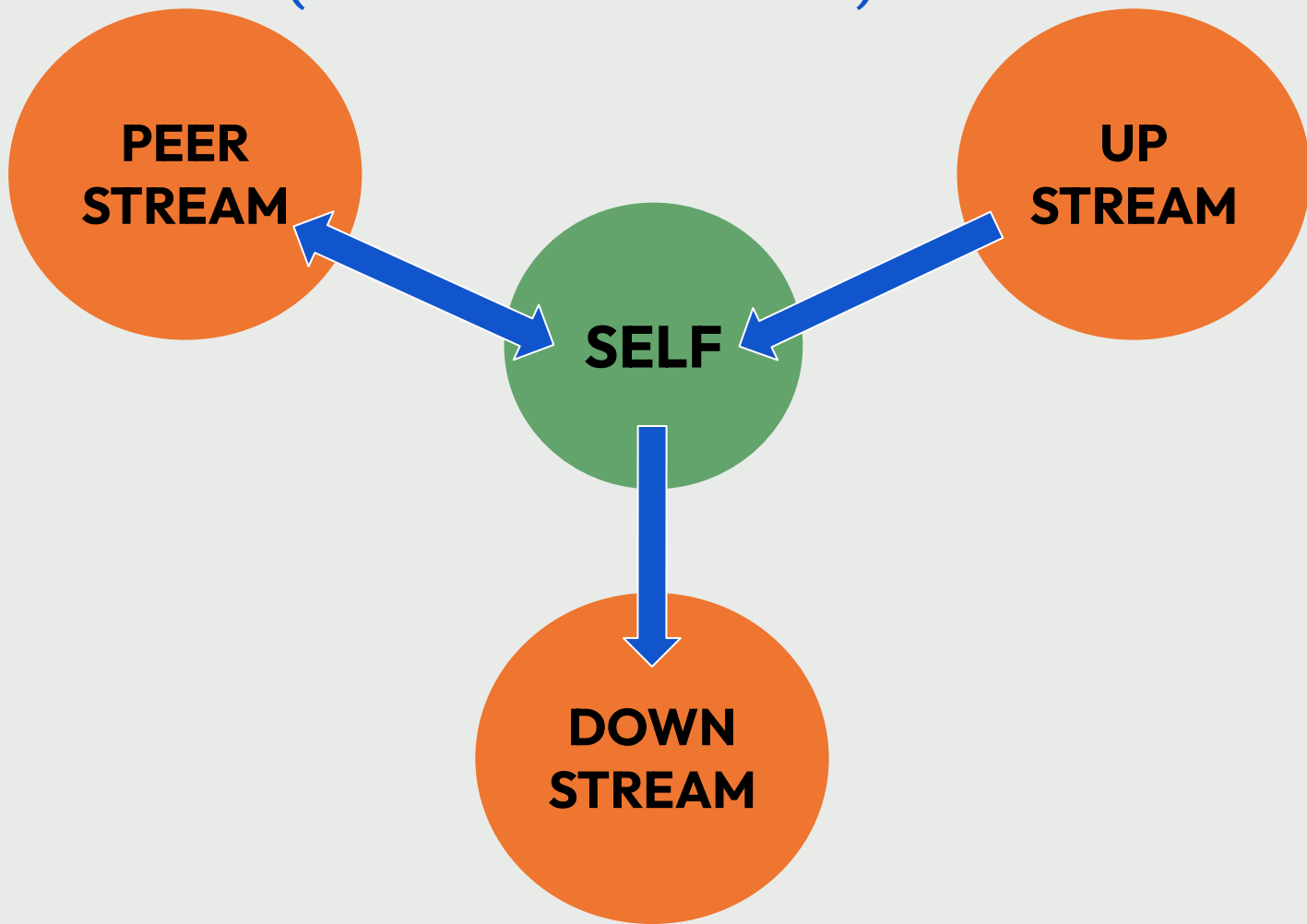
If he prayed for
courage,
does God give him courage,
or does he give him opportunities
to be courageous?

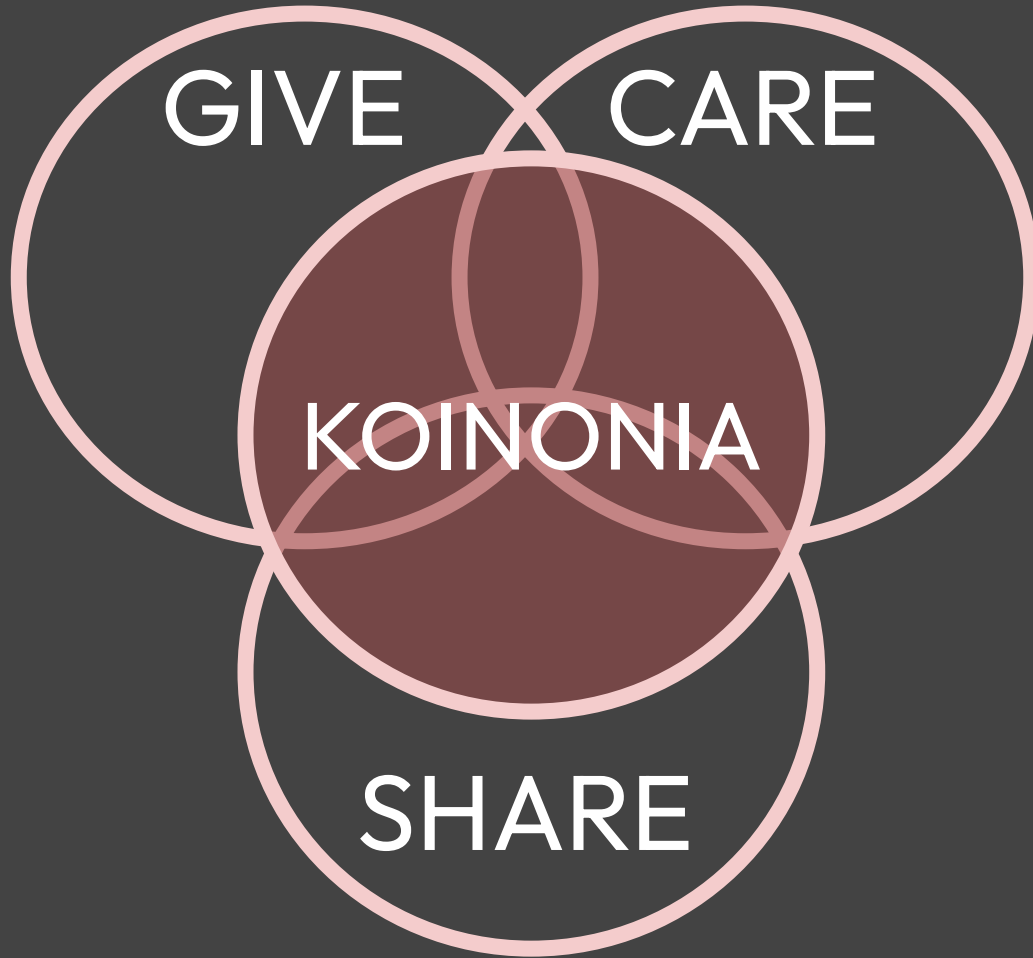
If someone prayed for
the family to be **closer,**
do you think God zaps them
with warm fuzzy feelings,
or does he give them
opportunities to
love each
other?

By obedience to the truth, having purified
yourselves for sincere (genuine) love **[phileo]**
of the brothers, love **[agape]** one another
earnestly (fervently) from a pure heart,

1 PETER 1:22

SAFE HESED (ATTACHMENT) RELATIONSHIPS





What To Do With Our Maturity Gaps

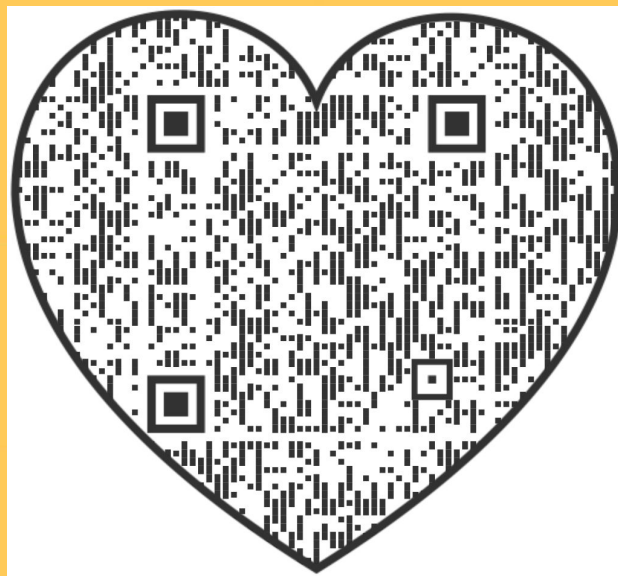
- ❑ Ask God to show you the relationships He has for you to grow in maturity
- ❑ Identify 1 or 2 tasks to prayerfully begin to work on (and ask God for opportunities) - small steps
- ❑ Find others who have that skill or ability and ask them to tell you stories - how and why?
- ❑ Talk to Immanuel about maturity: yours and others

IMMANUEL JOURNALING QUESTION GUIDE



IMMANUEL

PRAYER



Other Steps

- ❑ Use Conflict Resolution steps
- ❑ Seek Help for Emotional Healing, Spiritual Freedom, & Relational Maturity
 - o Therapists/Counselors
 - o Life Coaches/Mentors
 - o Pastors/Leaders
 - o Courses
- ❑ Be Patient – with yourself, others and God
- ❑ Problem Deconstruction & celebrate wins!

The Foundational 5



This resource was designed specifically to help you get familiar with and begin to develop 5 foundational relational skills that can transform your life and your relationships! Increase your capacity and stay relational on the good days and the hard days.

BUY \$10.95

FAMILY RATE \$16.95

Free Preview

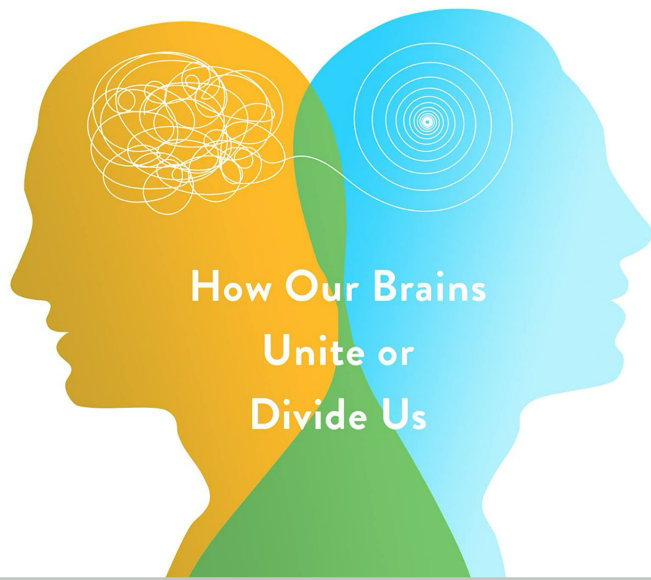
An Introductory Course

At THRIVEtoday, we're after **hope-filled solutions to life's problems**. With that goal in mind our team has worked hard to bring you an introductory resource. Whether you are newer to the relational skills or are looking for a refresher, this introductory resource provides simple, yet effective ways to gain momentum in your relational skills journey.



Books on Growing in Adult Maturity

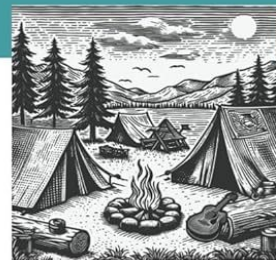
ESCAPING ENEMY MODE



How Our Brains
Unite or
Divide Us

GROWING A MORE
HUMAN COMMUNITY
- VOLUME II -

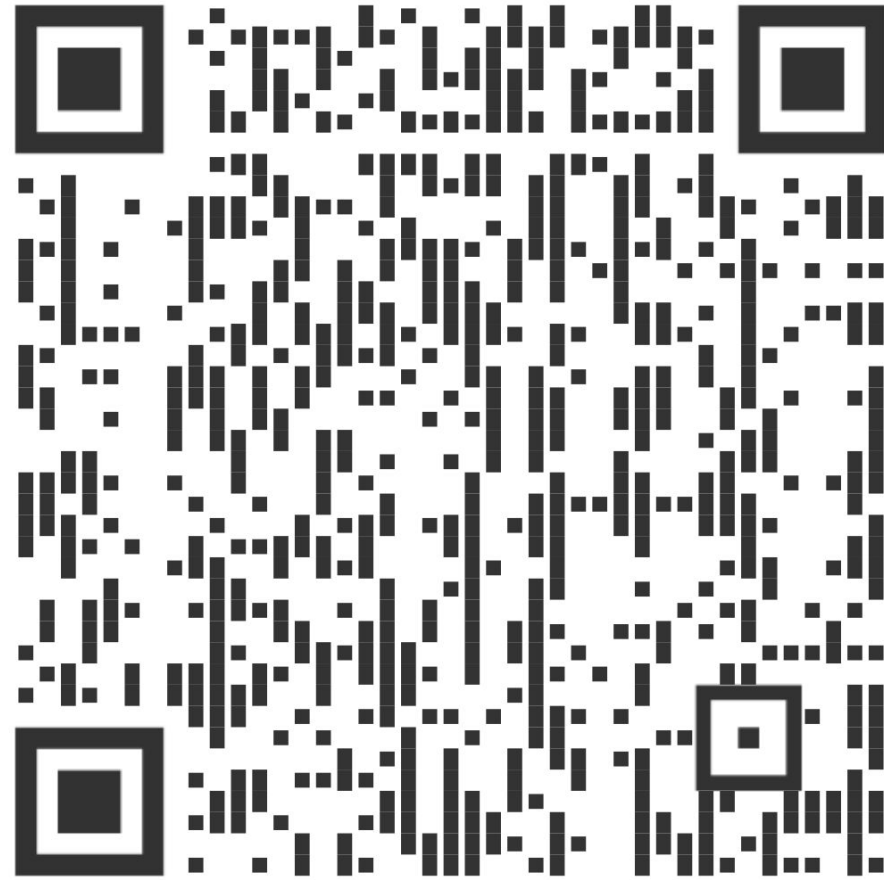
ADULT



GROWING US
Becoming an Adult

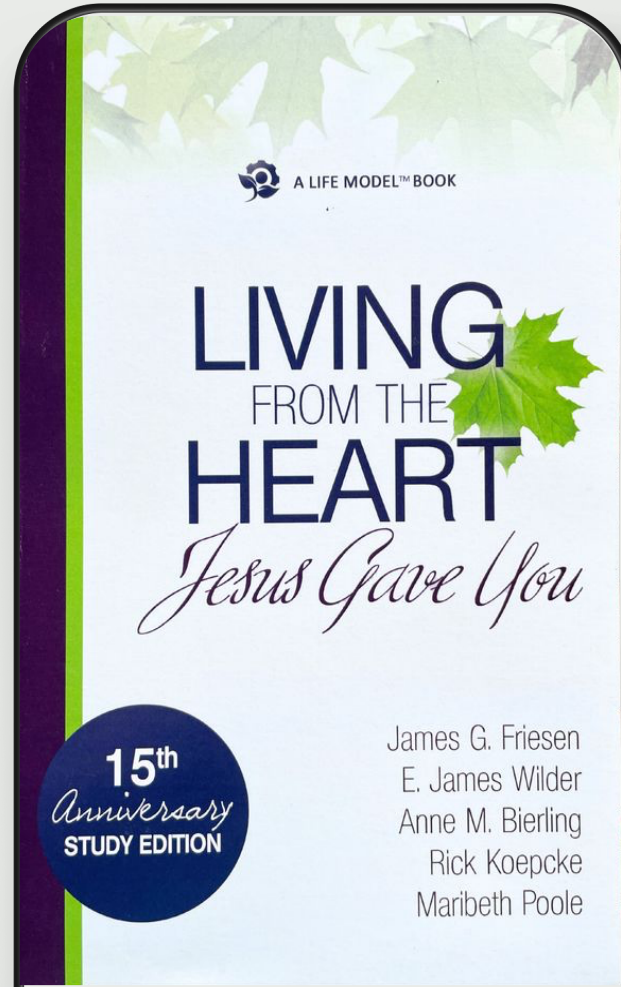
JIM WILDER

MATURITY TOOL KIT



Homework

- Finish reading book
- **Pursue:**
 - Emotional and relational capacity
 - With God
 - With others



Loving to Know - N.T. Wright

Love as the ultimate form of knowledge

- ❑ patient curiosity
- ❑ empathetic engagement
- ❑ delighted exploration

1 John 4:16

And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.



What does God want you to hear
and know about His love for you:

PSALM 103

PRAYER

GIVE THANKS FOR GOD'S
HESED LOVE AND PROVISION
FOR YOU FROM PSALM 103