Connecting Emotional Maturity with Loving Actions

1 Corinthians 13

**Characteristic #1: Not Self Seeking**

Incarnation: “Entering their World”:

**Reflective Listening Exercise**

1. Decide who will speak and who will listen. Both should take a turn.
2. The speaker talks about how they see an issue.
   1. Be concise, use short sentences.
   2. Try to stick to one issue.
3. The listener’s goal is not to respond, but to see it through the other person’s eyes.
   1. Put aside your own agenda.
   2. Allow your partner to complete their thought.
   3. SUMMARIZE WHAT THEY WERE SAYING.

Avoid answering, interpreting or judging.

“What I heard you saying is . . .”

* 1. Ask, “Is that correct?”

1. The speaker says “yes”, or says “No” and tries to say it again more clearly.
2. The speaker and listener switch roles.

**Characteristic #2: Believes the Best**

Dealing with Subjectivity

**Checking Assumptions:**

1. What just happened?
2. What am I feeling?
3. How am I interpreting this? What is my “Self Talk”? What am I believing about this person or this event?
4. Is there another explanation?
5. Check out your assumptions with that person. “*I interpreted what you said to mean … Is that correct?*”

**Characteristic #3: Not Easily Angered**

There is always a “should” behind anger.

Healthy expectations are:

1. Conscious – I have to be aware of the expectations I have for the other person.
2. Realistic – Talk with others about whether your expectation is reasonable.
3. Spoken – I must be clear about my expectations in a direct and respectful way to the other person.
4. Agreed Upon – The other person is aware and agrees that it is reasonable. (*Emotionallly Healthy Spirituality*, p.190-191)

**Characteristic #4: Rejoicing in the Truth**

Ephesians 4:15; 25-27

* Loving others and speaking the truth are directly connected. Love Is Gracious And Direct.
* It takes maturity to go beyond simply being nice to people while covering over your differences.
* It takes maturity to actually speak truthfully and respectfully to others about things we disagree with them on.
* Anger always comes out! If you try to hold it in, it just comes out in ways you can’t control.