

- Spiritual - [Pray, worship]
- Physical - [Stay fit for the work]
- Social - [Be in a group. Don't do life alone]
- Intellectual - [Read, study, expand]

It is not possible to be spiritually mature while remaining emotionally immature.

Exodus 13:17-18 (New Living Translation)

When Pharaoh finally let the people go, God did not lead them along the main road that runs through Philistine territory, even though that was the shortest route to the Promised Land. God said, "If the people are faced with a battle, they might change their minds and return to Egypt." So God led them in a roundabout way through the wilderness toward the Red Sea. Thus the Israelites left Egypt like an army ready for battle.

✓ **Emotional infant**

1 Corinthians 3:2 (New Living Translation)

I had to feed you with milk, not with solid food, because you weren't ready for anything stronger. And you still aren't ready.

I look for other people to take care of me emotionally and spiritually. I am consistently driven by a need for instant gratification, often using others as objects to meet my needs. People sometimes perceive me as inconsiderate and insensitive. I am uncomfortable with silence or being alone. When trials, hardships, or difficulties come, I want to quit God and the Christian life and run. I experience God at church and when I am with other Christians, but rarely when I am at work or home.

✓ **Emotional child**

1 Corinthians 13:11 (The Passion Translation)

When I was a child, I spoke about childish matters, for I saw things like a child and reasoned like a child. But the day came when I matured, and I set aside my childish ways.

When life is going my way, I am content. However, as soon as disappointment or stress enter the picture, I quickly unravel inside. I often take things personally, interpreting disagreements or criticism as a personal offense. I think most negative social media posts by my friends are about me. When I don't get my way, I complain, throw an emotional tantrum, withdraw, manipulate, drag my feet, become sarcastic, or take revenge. I often live off the spirituality of other people because I am so overloaded and distracted. My prayer life is primarily talking to God, telling him what to do and how to fix my problems. Prayer is a duty, not a delight.

✓ **Emotional adolescent**

Galatians 6:4-5 (The Passion Translation)

If you think you are too important to stoop down to help another, you are living in deception. Let everyone be devoted to fulfill the work God has given them to do with excellence, and their joy will be in doing what's right and being themselves, and not in being affirmed by others. Every believer is ultimately responsible for his or her own conscience.

I don't like it when others question me. I often make quick judgments and interpretations of people's behavior. I withhold forgiveness to those who sin against me, avoiding or cutting them off when they do something to hurt me. I subconsciously keep records on the love I give out. I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself. I sometimes find myself too busy to spend adequate time nourishing my spiritual life. I attend church

and serve others but enjoy few delights in Christ. My Christian life is still primarily about doing, not being with Him.

✓ **Emotional adult**

I respect and love others without having to change them or becoming judgmental. I value people for who they are, not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals, and actions. I can state my own beliefs and values to those who disagree with me —without becoming adversarial. I am able to accurately self-assess my limits, strengths, and weaknesses. I am deeply convinced that I am absolutely loved by Christ and, as a result, do not look to others to tell me I'm okay. I am able to integrate doing for God and being with Him. My Christian life has moved beyond simply serving Christ to loving Him and enjoying communion with Him.

Proverbs 4:23 (New Living Translation)

Guard your heart above all else, for it determines the course of your life.

John 8:32 (The Passion Translation)

For if you embrace the truth, it will release more freedom into your lives.

Embracing the Truth

1. Take an honest look inward

1 Samuel 16:7 (The Message)

God judges persons differently than humans do. Men and women look at the face; God looks into the heart.

2. Pinpoint what Roundabout you're on
3. Connect it to the Gospel

2 Corinthians 5:21 (New Living Translation)

For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.