

- **Emotional Infant**

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**

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**

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.

**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.*

**Exodus 14:1-3 (New Living Translation)**

*Then the Lord gave these instructions to Moses: "Order the Israelites to turn back and camp by Pi-hahiroth between Migdol and the sea. Camp there along the shore, across from Baal-zephon. Then Pharaoh will think, 'The Israelites are confused. They are trapped in the wilderness!'"*

**First Roundabout Test: Trust**

### Exodus 14:10-14 (New Living Translation)

*As Pharaoh approached, the people of Israel looked up and panicked when they saw the Egyptians overtaking them. They cried out to the Lord, and they said to Moses, "Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn't we tell you this would happen while we were still in Egypt? We said, 'Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!'" But Moses told the people, "Don't be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm."*

### 2 Emotional Responses When Trapped

- Panicked Retreat

### Proverbs 12:1 (New Living Translation)

*To learn, you must love discipline; it is stupid to hate correction.*

- Arrogant Advance

### Exodus 13:13-14 (New International Version)

*But Moses told the people, "Don't be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm."*

### Jesus

- He shed tears (Luke 19:41)
- He was filled with joy (Luke 10:21)
- He grieved (Mark 14:34)
- He was angry (Mark 3:5)
- Sadness came over him (Matt. 26:37)
- He felt compassion (Luke 7:13)
- He felt sorrow (John 11:35)

- He showed astonishment and wonder (Mark 6:6; Luke 7:9)
- He felt distress (Mark 3:5; Luke 12:50)

### Isaiah 41:10 (New Living Translation)

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

### Philippians 4:6-7 (New Living Translation)

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

### Matthew 6:25 (New Living Translation)

*That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?*

### Psalms 37:3-7 (New Living Translation)

*Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in the Lord, and he will give you your heart's desires. Commit everything you do to the Lord. Trust him, and he will help you. He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun. Be still in the presence of the Lord, and wait patiently for him to act.*