

Emotional Maturity: How to Learn and Grow from Every Opportunity

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Broadcast Dates: 11/2/23-11/3/23

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Scripture References:

- Proverbs 26:11,12, *NLT*
- Proverbs 21:11
- Proverbs 12:15, *NLT*
- Proverbs 18:15, *NLT*

Summary:

An important sign of how mature we are is the ability to control and manage our emotions. God gave us feelings, but He never meant for them to govern our lives. An emotionally mature person has reached an understanding regarding their thoughts and behaviors, and is therefore able to decide how to best approach an otherwise challenging situation. When we reach this stage, we can find successful solutions to our problems without letting them overwhelm us. In life, we all make mistakes; the key to maturing is learning from them.

Notes:

1. No one is perfect and we all make mistakes; however, learning from them makes us wiser.
2. If we don't learn from our mistakes, we're bound to keep making the same mistake.
3. We can also learn from *others'* mistakes; this is a sign of wisdom.
4. When we're willing to learn from everyone we encounter and from every situation we go through, we come out stronger and wiser than before.
5. A sign of intelligence is being willing to stop talking and start listening; we can learn much that way.

Category: spiritual growth

Keywords: emotional, maturity, learn, grow, manage, emotions, mistakes, learning