

The 5 Stages of Maturity

Session 4: The Adult Stage

1. Review

- Maturity can be defined as: *Reaching my God-given potential in every age and stage.*
- Remember! Maturity is valuable, but it does not give us more value.
 - o “Our value is inherent, unchangeable, everlasting, and complete” – Amy Brown

2. Core Principles

- Maturity is a lot like swiss cheese
- Each stage of maturity has both needs and tasks.
- We can ask God to provide the needs we missed.
- We can grow our maturity by learning the tasks we missed.

3. Maturity Model Overview

STAGE	AGE	PRIMARY TASK
Infant	0-3	Receiving; Learn to Live in Joy & Peace
Child	4-12	Taking care of self (1); Develop Individual Identity
Adult	13 +	Taking care of two people (2); Develop Group Identity

4. Young Adults (Teens) are Concerned with:

- Relationships
- Power
- Truth

5. Book Suggestions for Parents of Teens (Young Adults)

- Brainstorm*, by Daniel Siegel
 - o Several talks by the author are available on YouTube
- Your Teenager is Not Crazy*, by Jeramy and Jerusah Clark

6. Adult Level Needs

- Time to bond with peers and form a group identity.
- Inclusion in their same-gender community.
- Observing same-gender leaders who use power fairly and well.
- Be given important tasks by their community.
- Feedback on their impact.
- Opportunities to share life in partnership.
- A rite of passage.

7. Adult Level Tasks

- Take care of 2 or more at the same time.
- Remain relational even in difficulty.
- Bring self and others back to joy.
- Develop a personal style that reflects his/her heart.
- Learn to protect others from him/ herself.
- Learn mutual satisfaction.
- Diversify and blend roles.
- Learn to handle sexuality in a life-giving way.
- Partner with others.

8. Adult Level Maturity Holes:

- May be self-centered, leaving others dissatisfied and frustrated.
- May conform to peer pressure and participate in negative and destructive group activities.
- May isolate or be a loner.
- May be controlling, harmful, blaming, and/or unprotective to others.
- May avoid, escape, or get stuck in certain emotions.
- Likely addicted (to something).

9. Adult Maturity Stage Assessment¹

No	Sometimes	Usually	Yes	
				I can take care of at least 2 people at the same time in a way that is fair and feels mutually satisfying.
				I am a team player and can easily partner with others.
				I have a peer group where I belong.
				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.
				I live in a way that expresses my heart while also affirming the unique identities of others.
				I can remain stable & relational in difficult situations and return myself & others to joy.
				I can synchronize with others—attuning to their feelings and needs while also expressing mine.
				I make important contributions to my family & community.
				I have had a rite of passage into adulthood by the community.

10. What To Do With My Maturity Holes

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

¹ Modified from <https://lifemodelworks.org/wp-content/uploads/2018/08/Maturity-Skills-Assessment.pdf>.

11. Other Steps

- Seek Help for (emotional) Healing, (spiritual) Freedom, & (relational) Maturity
 - o Counselors
 - o Immanuel Healing/ REAL Prayer
 - o Life Coaches
 - o Pastors/ Leaders
- Be Patient (with yourself, and with God).

12. Immanuel Interaction

Begin by asking God to bring to mind a time you felt joyful, peaceful, and/or connected.

Write a prayer of thanksgiving: *Dear Lord, I am thankful for*

Write a response from God's perspective: *Dear child of mine*

Sharing my heart with Jesus: *“Jesus, what’s going on in my mind and heart right now is ...*

Write down the thoughts, words, impressions that come to mind without filtering (you can test it later).

Jesus' tender response toward me: *"My dear child..."*
