



Series: Emotionally Healthy Discipleship

Sermon: Part 1: Factors That Undermine Our Spiritual And Emotional Maturity

Date: Sunday, October 19th, 2025

We cannot mature spiritually if we do not first address and mature the emotional aspects of our life.

A major reason why people remain spiritually and emotionally immature is because of a lack of understanding of the Gospel and the goodness of God with what He has done in order to save, redeem, and restore them.

When we don't have a full understanding of what God has done for us, instead of having our identity in Him, we can easily allow everything else to take priority, as we put our identity and salvation in things such as our work, education, possessions, vacations, money, comforts, you name it.

"Whoever wants to be My disciple must deny themselves and take up their cross and follow Me. For whoever wants to save their life will lose it, but whoever loses their life for Me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?" (Matthew 16:24-26)

A disciple is a _____ or a student of someone else.

For followers of Jesus, discipleship is the process and life long journey of becoming like Jesus in every aspect of our life.

What Undermines Deep Discipleship & Keeps Us From Maturing Spiritually?

1. We tolerate _____ immaturity

Some Reasons Why We Remain Emotionally Immature:

- a. Our love for God is not reflected in our love for others*
- b. We elevate the spiritual and distrust the emotional*

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." (Mark 12:30-31)

God must be loved with total obedience and total devotion and this comes from a total _____ of one's life to Him.

The real test in how we love God is actually demonstrated in how we love and treat those around us.



What's most important is that your love for God that you say you have on the inside, needs to be demonstrated to those around you on the outside.

2. We emphasize _____ for God over being with God

3. We ignore the treasures of _____ history

Protestantism shifted authority from the Pope to Scripture, empowering individuals to read and interpret the Bible for themselves.

4. We define _____ wrongly

Discipleship takes _____, it is slow, but investing in our discipleship is what God sees as important and what lasts into eternity.

Simply attending church doesn't change the world; it's those who are fully surrendered to God in obedience and loving union who do.

An emotionally healthy disciple slows down to be with Jesus, goes beneath the surface of their life to be deeply transformed by Jesus, and offers their life as a gift to the world for Jesus.

Bottom Line: *We cannot mature spiritually if we remain emotionally immature.*

Questions to reflect on this week or with others:

1. *Why is it impossible to grow spiritually while we remain emotionally immature? How are the two linked?*
2. *Why is it easier for many of us to do for God rather than be with Him? What does it reveal about us when we live and function this way?*
3. *How does knowing church history inform our current discipleship?*
4. *How does God define what success is compared to what the culture defines as success?*

Songs used in service: Believe For It (CeCe Winans), Trust In God (Elevation Worship), Great Is Thy Faithfulness (Thomas Chisholm), Holy Forever (Chris Tomlin), Chain Breaker (Zach Williams)

Any prayer requests?

-----Tear Here -----

Name _____ Date: _____ Email: _____

What can we be praying for you about?