

# Whole-Brain Living

## Session 6: Endure Hardship Well

### 1. Review

- We are designed to live in rhythms of joy and peace.
- Interesting statistics from, *"The Happiness Advantage,"* by Shawn Achor:
  - A joyful brain is 31% more productive than one that is negative, neutral, or stressed.
  - A salesperson with a positive outlook is 37% more effective
  - A doctor is 19% more accurate in diagnosing patients
- Our 'Joy Bucket' / Identity Center (level 4) is also our Executive Control Center. We need to develop strong neural pathways to return to joy from each of the 'Big 6' upsetting emotions so that we can act like ourselves regardless of circumstances.

### 2. What have you been learning in this course?

- Any 'aha' or 'lightbulb' moments?
- What has shifted for you? What do you want to carry with you from this course?
- Do you have a brief testimony to share? (share live via the chat feature, or email [nik@deeperwalkinternational.org](mailto:nik@deeperwalkinternational.org))

### 3. Maturity in Scripture

- "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." - Galatians 5:22-23
- Jesus, Daniel, Joseph, Paul (Acts 27)
- Cf. 1 John 2:12-14; 1 Thessalonians 2:7-12, 1 Corinthians 4:14-17

### 4. Possible NEXT STEPS

- Other [Deeper Walk E-Institute](#) courses
- [Join an online Journey Group](#) to discuss and practice the concepts of walking in freedom, building relationships that stay bigger than problems, living life from God's perspective, and emotional maturity.
  - **"Discover Journey Groups"** - 8-week online dive into relational discipleship
  - Year 1, Year 2, & Electives (book studies)

### 5. Maturity = Capacity

- Maturity can be defined as the capacity to handle weight.
- Your capacity is the amount of stress you can handle before you blow up, shut down, or melt down.
- We naturally develop greater capacity with each stage of development.

### 6. Maturity & Trauma

- Trauma can disrupt the maturity process.
- A & B Trauma
  - B Trauma - **B**ad things we experience.
  - A Trauma - The **A**bsence of the things we needed.

- Unhealed trauma often leads to addiction to cope with the pain. Addiction blocks our ability to learn the relational and emotional maturity skills we need to make life work.
- The good news is that we can catch up. We can grow. What was mis-wired can be rewired, what was missing can be filled in, what was damaged can be healed. We serve a God of redemption and restoration!

## 7. Core Principles of Maturity

- Maturity can be defined as reaching my God-given potential in every age and stage of life.
- Maturity does not give us more value. *Our value is inherent, unchangeable, everlasting, and complete.*
- A person's physical age or stage does not determine his/her maturity.
- Most people want to be mature. However, few know how to attain it, or how to teach it to others.
- Maturity can be blocked due to a lack of healthy relationships and unresolved traumas.
- Maturity is developed in relationship with mature people.
- People with high maturity need to be in relationship with people of low maturity (and vice versa).
- 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.

## 8. Maturity Model Overview<sup>i</sup>

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
Parent	Birth of 1 <sup>st</sup> child to launch of last	Taking care of children sacrificially with joy.
Elder	Launch of last child into adulthood	Caring for the community sacrificially with joy

## 9. The 5 Stages of Maturity

- a. **Infant**
  - i. Need to be taken care of.
- b. **Child**
  - i. Can only take care of one person at a time (self, or another person)
- c. **Adult**
  - i. Can receive without having to give.
  - ii. Can take care of themselves and another in a satisfying way at the same time.
- d. **Parent**
  - i. Can give life to children without requiring anything in return.
  - ii. Can be tender toward weaknesses.
  - iii. Can nurture others toward maturity.
- e. **Elder**
  - i. Can care for my community and guide those without family.
  - ii. Can see people falling through the cracks and help them.
  - iii. Provide stability by helping carry the emotional weight of the group.

## 10. Your Next Steps toward Maturity

- Study the Maturity Map (see resources below)
- Intentionally cultivate healthy multigenerational community in your life.
- Identify 1-2 unfinished maturity tasks you would like to see progress in.
  - Ask God for opportunities to grow in these (and be on the look out!)
  - Ask others who have these in place to share with you stories of how they operate in them.
  - Identify past wounds that may have stalled your maturity and seek help to find healing.

## 11. Maturity = Capacity

- Maturity can be defined as capacity to handle weight (i.e., to endure hardship well).
- We naturally develop greater capacity with each stage of development.

## Homework

- Pray and ask God for **your next steps** to keep growing.
- **Share** with a few people something you learned from this class.
- Use the **Immanuel Journaling** method this week

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<sup>i</sup> The Maturity Model was first written about in, *Living from the Heart Jesus Gave You*, James G. Friesen, E. James Wilder et al. Available at [www.deeperwalkinternational.org](http://www.deeperwalkinternational.org) online bookstore.