

Emotionally Healthy Discipleship
Midweek Service
Dr. Vernon C. Walton, Facilitator

Emotionally Mature Relationships
Speaking Truth, Handling Conflict, and Pursuing Repair

“Emotionally healthy discipleship must eventually show up in how we treat people especially when relationship become difficult.”

Key scripture: Ephesians 4: 15, 25-32

Key Thought: Spiritual maturity should produce relational maturity

Point 1: _____

- Romans 12: 18
- Scripture records conflict
 - Abraham and Lot disagreed
 - Paul and Barnabas had disagreement
 - Peter and Paul had a confrontation
- Who do we become during conflict?

Point 2: _____

- James 1: 19
- James gives three instructions:
 - Quick to listen
 - Slow to speak
 - Slow to anger
- Relational conflict reverses the order:
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- Understanding does not always mean agreement.

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Point 3: _____

- Ephesians 4: 15
- Emotionally Mature Disciples hold both truth and love
- Truth without love can become _____
- Love without truth can become _____
- Truth spoken in love becomes a _____ toward _____

The goal of biblical confrontation is restoration, not victory.

Point 4: _____

- Matthew 18:15
- Go directly to the person
- Instead of talking to someone, we talk about someone
- Ask yourself, “have I talked to them or about them?”

Point 5: _____

- Matthew 5:9
- Peace Keeping vs. Peace Making

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Point 6: _____

- Matthew 7: 3-5
- Emotionally immature people vs. Emotionally mature disciples
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Point 7: _____

- Romans 12: 18
- Distinction is essential.
 - Forgiveness is...
 - Reconciliation involves...
 - Trust is...

Key Principle:

Forgiveness can be given. Trust must often be rebuilt.

Point 8: _____

- Matthew 5: 23-24
- Jesus connects worship and relationships
- Our vertical relationship can't be disconnected from our horizontal relationships with people.

Key Principle:

Sometimes the most spiritual thing you can do is have the conversation you've been avoiding.