St. Andrew’s Lutheran Church

*Discipleship class:* **CHANGES THAT HEAL**, by Dr. Henry Cloud

Session 5: *“Achieving Adulthood”*

Fourth developmental step

Maturity, not perfection

Become an authority (distinct from parental “authority figure”)

1-up, 1-down power dynamic

Parents’ tasks:

* Teach skills/Build abilities
* Empower
* Delegate

*Galatians 4:1-2*

*Luke 14:26; Matthew 10:37*

What went wrong—either adulthood was not imparted and/or bad things were mixed in. Critical parent voices are internalized.

*Loaves and fishes: Matt. 14:13-21; Mark 6:32-44; Luke 9:10-17; John 6:1-13*

Mentors—very important in adult life

Adult tasks: Manage finances, eat healthily, take care of self, find and develop gifts, reach goals, mange conflict…

Symptoms of failure to resolve:

Depression • Negativity • Anxiety • Fantasy life/ Addictions • Failure to commit • Not know

gifts and talents • Poor self-control • Fear of failure • Procrastination

*Ephesians 4:22-24--Take off old, put on new*

Steps to resolve symptoms:

1. Own the problem
2. Find mentors, counselor, accountability partner, support group…people who give direction, expectations, feedback , discipline
3. Confess—express need, reach out
4. Do it, take risks

Must practice skills to gain self-confidence. Express opinions, disagree, claim talents—become an expert, get empowered with power that God made you, in His likeness, to have.

Questions:

* Where am I?
* How did that happen?
* Where and how am I going to get new voices?

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