

SOLUTIONS

S1005

Changes That Heal-5 Part Series- Achieving Adulthood-Part 5

Outline

Becoming an Adult

The 4th Step in God's developmental process is for us to achieve adulthood. Becoming an adult doesn't just happen; it involves mastering many skills. Fully functioning adults assume responsibility for themselves. They develop expertise in many areas, they make good decisions, they express opinions, and they nurture relationships. This process doesn't always go as planned. Dr. Cloud helps us see where we may need additional help in completing the adulthood process. How well you embrace adulthood will determine the quality of your life, the success of your relationships, and your ability to fulfill your mission in life.

Small group discussion questions:

- 1) Where are you on this spectrum? Do you feel "one down?"

- 2) If you feel one down, how did that happen? Do you feel stuck in some area?

- 3) Where can you get new experiences or new mentors, in order to finish growing into a fully functioning adult?