

## SEVEN HABITS of emotionally mature men

By Steve Benson, MA, MDIV, LPC, LCAS-A

### Stay in the Loop:

**Web:** lakeforest.org/men      **Email:** men@lakeforest.org

**Facebook Group:** facebook.com/groups/lfcmen

**Twitter:** @LFCMen

**Men's Bible Studies:** Studies are ongoing and it's never too late to jump in. Find one that meets your interests and schedule at lakeforest.org/men/studies.

**Find a Place to Serve:** Make the holiday season truly meaningful by serving others through LFC's Christmas Village Toy Store or Room in the Inn. Break-down beds...build shelves...provide transportation...or provide a word of encouragement. It all makes an impact!

In Psalm 139:22-24, David states, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" (ESV)

David asks the Lord to make him self-aware. Self-awareness is an important concept toward spiritual and emotional maturity.

Below are seven characteristics of emotionally mature men.

**1. Emotionally mature men make others a priority.** They humbly relate to others and communicate that it is a privilege to be in that person's presence instead of the other way around. They love others more than they love their reputation, power, control or agenda. In doing so, those around them experience the power and love of God.

**2. Emotionally mature men invite feedback.** They believe that others are important enough to contribute to their lives in a significant way. They invite people to enter their souls in order to give constructive insights without taking offense, being defensive or dismissive.

**3. Emotionally mature men are consistent in their actions and words.** They are emotionally connected to their words. They model what they say in public and in private. If they say it then they do it. They are authentic. And if they fail, they do not make excuses or blame-shift, but ask forgiveness.

**4. Emotionally mature men ask forgiveness and seek out reconciliation.** They confess to their weaknesses, sins and failure because they realize that their actions have caused some kind of damage. They desire to grow personally so they willingly initiate the process of forgiveness. They pour energy into the process of reconciliation because relationships are important to them.

**5. Emotionally mature men are learners by investigating life.** They realize that they do not know everything about every subject. They are learners of life, investigating other people's thoughts and understanding differing opinions. They thoughtfully give their positions on issues without taking it personally if the other party disagrees. They do not criticize differences without investigating the subject.

**6. Emotionally mature men cheer success beyond their own accomplishments.** They delegate responsibility in order for others to feel the triumph of their accomplishments. They enable people to use their gifts, talents, and abilities. They cheer successes and walk with others in failure. They live in the background without seeking the glory. They are not jealous. They are secret admirers of others' success and promote it beyond themselves.

**7. Emotionally mature men live with a view toward eternity.** They live beyond their own importance. They don't invest in their own kingdom because life is fleeting and fragile. They invest in something bigger than promoting themselves. They know that every action and every word can have a transforming impact. They speak with wisdom and act with an excellence that can only be measured by heaven's eternal reward.

Steve is owner and counselor at Grace Roads Counseling Center in Charlotte. You can reach him at sbenson317@gmail.com



F3 (Fitness, Fellowship and Faith) is a free, participant-led boot camp workout that is open to men of all fitness levels.  
Mondays & Fridays  
5:30-6:30am at LFC-Huntersville

**SAVE THE DATE:**  
**2015 Men's Retreat**  
**February 20 - 22 in Black Mountain**