



WHAT IS A
MATURE ADULT
AND HOW TO
BECOME ONE

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A Worksheet for Parents and Teens

The Adolescent Years (*Teenagers*) is a time to build godly character. This is a time of parental efforts coupled with the teens efforts. Teens need to know parents are trying to establish something good for them for the future, not just trying to ruin their fun today.

Ephesians 6:4 “...bring them up in the training and admonition of the Lord.”

The Mature Adult Holds the Following Character Traits and Habits of Life:

1.) **Has Godly Guiding Morals and Values =**

There are FOUR voices in your head:

1. Parents
2. God the Holy Spirit
3. You
4. Others contrary to the first three

Prov 13:20 “He who walks with wise men will be wise, But the companion of fools will suffer harm.”

1a. **Morals and Values**

Morals – Principles of right and wrong in accordance with standards of right conduct.

Virtuous, righteous and pure. The Word of God. There can also be bad morals and conduct.

Values – How we rate everything in our lives according to usefulness, importance, or worth.

This is how important is it to us or it is worth to us personally, this is speaking of our deepest inner convictions. (e.g. *Many Americans would value marriage, life, and freedom*)

Proverbs 21:21 “He who follows righteousness and mercy finds life, righteousness and honor.”

What are you currently doing and what could you be doing to establish and maintain morals and values that are pleasing to God?

2.) **Takes Personal Responsibility for Themselves =**

There is not just a willingness to accept consequences for choices; but also being prepared, directed towards a goal, self-motivated and being able to follow through without being told or given and ultimatum.

Important: *Proverbs 23:7* “As a man thinketh in his heart, so he is.”

2a. Some Elements of Being Personally Responsible.

Being Reliable = A person who will follow through on something even when it is a difficult task, or they don't feel like doing it.

Being Trustworthy = Proverbs 20:6-7

“Most men will proclaim each his own goodness, but who can find a faithful man?

The righteous man walks in his integrity; his children are blessed after him.”

Faithful man or woman = A person who is reliable, dependable, and trustworthy. Keeping one's word and being loyal to one's commitment.

Having Integrity = Who we are when nobody is watching and still doing what is right.

The mature adult holds to the right view of themselves, not arrogance or even some sense of false humility. **True humility** in the scriptures is not thinking less of yourself, it is having the right view of yourself. You know your strengths and weaknesses and develop ways of staying personally right before God through personal effort coupled with the work of the Holy Spirit in your life.

The mature adult knows when to take on life and when to get some help to achieve the right goals. The mature adult is unwilling to let life circumstances, peer pressure or other distractions turn them from the right direction with their life. The mature adult sees more of life than the here and now of choices. In what ways are you doing this now, or could be doing something about it now?

3) **Consistent in demonstrating Self Control =**

Self-Control = This is the ability to control your actions, emotions, inner desires, and temptations. To hold back, to direct, to guide and restrain. Not letting or allowing desires or others control you.

Proverbs 29:11 “A fool vents all his feelings, but a wise man holds them back.”

Proverbs 26:11 “As a dog returns to his own vomit, so a fool repeats his folly.”

Galatians 5:22,23 “But the fruit of the Spirit is...gentleness, self-control...”

3a. Demonstrating self-control and resisting temptation is not simply saying “No” to sin, it also involves having a greater desire. You must have a desire to be or do something else that is more important than the sin you are being tempted with. (e.g. I desire to be right before God and to have a lasting relationship with my wife, so I will resist temptation to commit adultery.)

3b. What is most important in life to you?

3c. Name some other priorities in life. (e.g. *good job in the future, a good marriage, nice car, etc.*)

Who Do You Want to be?

Write some goals and desires for the future, things you would seriously work for. How can your parents help you towards these goals.
