

Maturity is Not Age Sensitive!

By: Dr. M. Diane Pearce, LMFT

September 2009

What a wonderful time of year we are about to enter! We are all reminded of the upcoming change of season, as we rally behind our favorite football teams and make plans in anticipation of cooler weather! We prepare for the upcoming changes by prepping our homes, our lawns, our wardrobes and our calendars. We plan our events, trips and holidays with expert precision and detail! **Ready, Set, Go!**

In my preparedness for the fall season, I am convicted to evaluate if I spend as much time planning & prepping my heart for the events that lie ahead, as I do on my calendar and home? If I say that I want to be wise and exercise prudence in my life then I must ask what I am willing to do in order to accomplish this. How often do we forge ahead in family relationships, or in major decisions, or into a new challenge, yet our hearts are ill prepared?

As a Marriage and Family Therapist, I frequently encounter people who are suffering from a catastrophic change or hurt. Often these hurts and changes are brought on by a lack of prudent and wise choices. If we are honest, in hindsight, we all recognize the consequences of our own lack of wisdom & prudence as we spoke words that were either, harsh, perverse or just ill chosen. Or, we stood idly by and said nothing, when a few simple words would have comforted or promoted growth. These moments can become opportunities for growth for ourselves and those around us if we are willing to keep our **hearts prepared and battle ready**. Just like we get our homes winter ready, our hearts need to be battle ready!

You may ask what battle?? Whether you are one who believes that the unseen battle we face is spiritual in nature or is a battle of good vs. evil, or selfish vs. unselfish. Nonetheless, it is a battle for our will! We should not assume that wisdom comes with age. Just as there are those who at the age of 60 or 70 making unwise choices, there are also those who are wise beyond their years of life. Wisdom is a trait that must be cultivated and pursued if one is to attain it. If I allow myself the right to say whatever comes to mind, because I feel justified or somehow vindicated, then I deviate from my pursuit of prudence or wisdom. Just because I deserve to have what I want or can do what I want, does not mean it is the best for me or those that I love! Believe it or not, happiness does not come from exercising my rights and personal preferences!

Reactions within Relationships are the one true test of the level of prudence and wisdom that lies within our hearts! If you are human, then you have emotions! Emotions can be deceiving and even dangerous if ignored. When ignored or stuffed they will eventually force their way to the surface and take the lead in our decision making. This will in turn prevent us from being wise & prudent in our choices. Emotions are powerful & can sabotage our physical condition as well as our behavior, which can cause a plethora of relationship issues!

Wisdom & Prudence easily eludes us! It is especially difficult to be wise & prudent in my choices if I do not intentionally pursue discipline, understanding, knowledge, discernment, increasing in my ability to listen, and to follow guidance. In the Bible, the book of Proverbs is quite clear on what the path of pursuing wisdom looks like. Wisdom requires us to stop our initial human reaction and consider things from other perspectives. If we are to be prudent no matter what our age or plight in life then we are to transition from immature thinking to mature thinking. **Maturity is not age sensitive!**

www.legacystrategy.com