

# Adulting Is Hard

Part 1: Emotional Age Gap  
Buck Giebelhaus

## INTRODUCTION

Adulting is hard. Some days, we may feel on top of the world because all of the bills are paid, the laundry is folded, and we flossed that morning. There are a lot of days, though, where we feel like we're failing at being adults. Why is that? Is there anything we can do to make adulting less hard?

## DISCUSSION QUESTIONS

1. What makes adulting hard?
2. Think about your life. Think about your physical age. Think about your emotional age. If you had to guess your emotional age, what would it be? What would be your emotional age gap? Why?
3. Read 1 Corinthians 13:11. Talk about some ways we bring childish reasoning or thinking into our adulting years.
4. Read Proverbs 4:23. In your words what does it mean to guard your heart? On a scale of 1 to 10, how well do you believe you are guarding your heart? Why?
5. Buck said, "Your ability to feel what you want to feel is determined by the condition of your heart." Do you agree or disagree? Why?
6. Guarding your heart. Would you be willing to ask three important questions when you bump into those feelings that make adulting hard.
  1. What do I feel?
  2. How old do I feel when I feel that feeling?
  3. Who will I tell? (Perhaps share this with your group leader or group.)

## WEEKLY READING

*When I was a child, I spoke about childish matters, for I saw things like a child and reasoned like a child. But the day came when I matured, and I set aside my childish ways. 1 Corinthians 13:11*

*Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23*