

# Bringing the Life Model to LIFE

## The LIFE Model Study Guide for Individuals and Small Groups

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***Based on the book:***

The Life Model: Living From the Heart Jesus Gave You

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## **Essential Needs & Tasks For Maturity**

NOTE: *Each stage builds on the previous stage: therefore each stage includes the needs and tasks of the previous stage. The 'ideal age' is the earliest age at which new tasks can be attempted. The end of that stage expects some degree of mastery. In no way does our maturity determine our value, but it does determine the level of responsibility we can handle.*

### **THE INFANT STAGE**

Ideal Age: Birth > Age 4

#### ***Needs***

Joy bonds with both parents that are strong, loving, caring, secure  
Important needs are met without asking  
Quiet together time  
Help regulating distress and emotions  
Be seen through the “eyes of heaven”  
Receive and give life  
Have others synchronize with him/her first

#### ***Tasks***

Receive with joy  
Learn to synchronize with others  
Organize self into a person through imitation  
Learn to regulate emotions  
Learn to return to joy from every emotion  
Learn to be the same person over time  
Learn self-care skills  
Learn to rest

### **THE CHILD STAGE**

Ideal Age: Ages 4 > 13

#### ***Needs***

Weaning  
Help to do what he does not feel like doing  
Help sorting feelings, imaginations and reality  
Feedback on guesses, attempts and failures  
Be taught the family history  
Be taught the history of God's family  
Be taught the “big picture” of life

## THE CHILD STAGE (Continued)

### *Tasks*

- Take care of self (one is enough right now)
- Learn to ask for what he/she needs
- Learn self-expression
- Develop personal resources and talents
- Learn to make himself/herself understandable to others
- Learn to do hard things
- Learn what satisfies
- See self through the “eyes of heaven”

## THE ADULT STAGE

Ideal Age: Age 13 > first child

### *Needs*

- A rite of passage
- Time to bond with peers and form a group identity
- Inclusion by the same-sex community
- Observing the same sex using their power fairly
- Being given important tasks by his/her community
- Guidance for the personal imprint they will make on history
- Opportunities to share life in partnership

### *Tasks*

- Take care of two or more at the same time
- Discover the main characteristics of his/her heart
- Proclaim and defend personal and community (group) identity
- Bring self and others back to joy simultaneously
- Develop a personal style that reflects his/her heart
- Learn to protect others from himself/herself
- Learn to diversify and blend roles
- Life-giving sexuality
- Mutual satisfaction in a relationship
- Partnership

