

A PRACTICAL GUIDE TO INNER HEALING

Growing Whole: Maturity Stages & Meeting Jesus in Your Story

A two-step journey of understanding and healing prayer



Each of us carries the imprint of every season of our lives — the nurtured places and the tender ones left wanting. This guide invites you into a rich inner journey: first, to understand the *tasks* each stage of life was meant to accomplish; and then, to bring those unfinished places directly to Jesus, your Healer, who restores what was lost and deposits what was lacking.

1. Learn the Language of Maturity

Begin with understanding. Each stage of our life carries a primary task — something the soul is meant to learn. When those go unmet, specific struggles often surface in adult life.

The foundational resource for this framework is:

📖 *Living From the Heart Jesus Gave You* by Dr. E. James Wilder et al. — a chapter-by-chapter exploration of what flourishing at each stage looks like, why gaps form, and how healing is possible. Available at shop.lifemodelworks.org

As you read, reflect on each stage with honest curiosity. Ask yourself with the help of the Lord: *"Where was this fulfilled in my upbringing — and where might there be gaps?"*

BIRTH – AGE 4

The Infant Stage

Primary Task: Learning to receive. Being delighted in, building joy, forming trust.

AGES 4 – 14

The Child Stage

Primary Task: Taking care of self. Asking for needs, discovering satisfaction, developing persistence.

AGES 14 – FIRST CHILD

The Adult Stage

Primary Task: Caring for two people simultaneously. Mutually satisfying relationships, stability.

PARENTING YEARS

The Parent Stage

Primary Task: Sacrificially caring for children. Giving with joy, even at personal cost.

WHEN CHILDREN REACH ADULTHOOD

The Elder Stage

Primary Task: Sacrificially caring for the community. Bringing maturity, wisdom, and spiritual adoption to those around you.

Note: These charts are a partial list of maturity indicators from Life Model Works.

For a more complete understanding, see the full resources at lifemodelworks.org.

2. Invite Jesus Into Each Stage of Your Story

Once you have a sense of which stages carry unmet needs or tender wounds, the invitation is to bring those inner parts directly to Jesus in prayer. He is not distant from your history — He walks through time with you, and He is eager to speak, heal, and fill what was missing.

Find a quiet space. Take a breath. Then pray one of these invitations:
(If you need assistance, meet with a prayer minister such as through: www.coachinginfreedom.com)

PRAYER PROMPT — BY FEELING

"Jesus, what do You want to say to that **child part** inside me that feels _____?"
(Name the feeling — afraid, unseen, unworthy, alone, ashamed, angry, abandoned...)

— OR —

PRAYER PROMPT — BY STAGE

"Jesus, what do You want to say to the **infant / child / teen / adult part** of me...?"
(Choose the stage that resonates — where there is unfinished work or early pain.)

After praying, **journal what comes**. Write freely — images, words, impressions, Scripture, a sense of peace. You are not producing; you are receiving. The Holy Spirit is faithful to bring what you need.

- **Pause and settle.** Take a few slow breaths. Let your body know it is safe. You are not rushing.
- **Name the stage or feeling.** Identify what part of your timeline feels tender or unresolved. Don't force it — let it rise naturally.
- **Pray the invitation.** Use one of the prompts above, speaking it simply and expectantly to Jesus.
- **Listen and receive.** Wait quietly. Notice what surfaces — a word, an image, a memory, a Scripture, a felt sense of love or peace.
- **Journal it.** Write what you received, including your emotional response. This anchors what the Spirit has done.
- **Invite Holy Spirit into that timeline.** Ask Him to move through that season of your life, healing, restoring, and depositing all the love, joy, peace, and belonging that was lacking.
- **Give thanks.** Close by thanking Jesus for His presence in your story — past, present, and future.

*"It's a beautiful journey of emotional healing with Jesus, our Healer
— who restores the years, fills the gaps, and makes us whole."*

THE HEART OF THIS TEACHING

These charts are not intended to be comprehensive or fully inclusive of all maturity indicators. For a more complete understanding, see: *Living From the Heart Jesus Gave You, Maturity Pathways,* and *The Growing a More Human Community Trilogy.*
Resources available at lifemodelworks.org

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Please note: As of May 2026, I do not have any connection with Life Model Works but simply recommend their materials.