

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?



TIME TO GROW UP – When Emotional Maturity is Holding You Back!

You cannot be spiritually mature while remaining emotionally immature! In a Christian context, true emotional maturity is the Spirit-led capacity to recognize, regulate, and rightly express our emotions in ways that reflect the character of Christ, submit to His lordship, and build others up—especially under pressure, correction, and conflict. This series confronts a hard truth: some of us have learned how to *manage* our emotions without ever allowing the Holy Spirit to *transform* them. We've grown in awareness, vocabulary, and self-control—but not necessarily in Christlikeness.

Time to Grow Up is not about emotional suppression, nor is it about emotional indulgence. It is about emotional submission—bringing every feeling, reaction, and internal narrative under the authority of

Jesus Christ. This isn't about learning more information about Jesus. It's about unleashing the transforming power of the Holy Spirit so we might experientially live an authentic, integrated life in Christ—emotionally whole and spiritually alive. You ready? Let's roll!

Spiritual Maturity Requires Emotional Maturity

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January 08, 2026

Highland Colony Men's Roundtable

Scripture: Luke 9:51; Luke 22:44; Hebrews 5:7; Matthew 15:32; Matthew 26:37

Music: Hymn Of Joy - Chris Tomlin <https://www.youtube.com/watch?v=FjV-ZWNrKwY>

Videos: Shawshank Redemption - Andy Escapes <https://www.youtube.com/watch?v=8jRRZPGa3fU>

Resources: Book: *Emotionally Healthy Spirituality* by Peter Scazzero. (EHS)

Book: *Emotional Wholeness – Connecting with the Emotions of Jesus* by Dick and Jane Mohline. (EW)

Emotional Maturity (EQ) – A Christian Definition

1. Emotional maturity, in a Christian context, is the Spirit-led ability to understand, govern, and rightly express one's emotions in a way that reflects the character of Christ, honors God, and builds others up—especially under pressure, correction, or conflict.
2. It is not the absence of emotion, but the mastery of emotion under the lordship of Jesus Christ.

Connecting with the Emotions of Jesus

1. _____ → Scripture reveals a wide variety of emotions and responses from Jesus. We “see” a motivational force that affects feelings, thoughts, and responses. The face mirrors most of our emotions and Jesus is the same (Luke 9:51).
2. _____ → There are only two physiological references that talk about Jesus shedding tears and sweating drops of blood, as He prayed (Luke 22:44; Hebrews 5:7). These responses show that Jesus lived with intensity, concern, and energy. See more emotions and responses (Matthew 15:32 – Hurt & Empathy; 26:37 – Grief & Distress).
3. _____ → Jesus was fully alive, as we see Him expressed through His emotions, relationships, mind, self-image, and will.

Biblical Foundations of Emotional Maturity

1. _____ → “Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23.
2. _____ → “For God gave us a spirit not of fear but of power and love and self-control.” — 2 Timothy 1:7. “A man without self-control is like a city broken into and left without walls.” — Proverbs 25:28.
3. _____ → “Everyone should be quick to listen, slow to speak and slow to become angry.” — James 1:19.
4. _____ → “In your anger do not sin.” — Ephesians 4:26
5. _____ → “The way of a fool is right in his own eyes, but a wise man listens to advice.” — Proverbs 12:15.
6. _____ → “When I was a child, I talked like a child... When I became a man, I put the ways of childhood behind me.” — 1 Corinthians 13:11. “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” — Galatians 5:22–23.

Summary: Emotional maturity is spiritual maturity applied to emotions.

Emotional Immaturity	Emotional Maturity
Fear	Courage
Anger / Reactivity	Gentleness
Shame	Grace
Insecurity	Security
Control	Trust
Defensiveness	Teachability
Resentment	Forgiveness
Isolation	Connection
Impulsivity	Self-Control
Avoidance	Engagement



Sign in to this Thursday's
Men's Roundtable



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ACTION: Journal This!

1. When you hear the phrase "Time to Grow Up," what emotions surface first—and why?
2. In what ways have you seen emotional immaturity affect your faith, relationships, or leadership?
3. What is one emotional reaction this week you want to pause and examine instead of react?

Scripture – The Message

<p>Luke 9:51 - 51 When it came close to the time for his Ascension, he gathered up his courage and steeled himself for the journey to Jerusalem.</p> <p>Luke 22:44 - 44 He prayed on all the harder. Sweat, wrung from him like drops of blood, poured off his face.</p> <p>Hebrews 5:7 - 7 While he lived on earth, anticipating death, Jesus cried out in pain and wept in sorrow as he offered up priestly prayers to God. Because he honored God, God answered him.</p>	<p>Matthew 15:32 - 32 But Jesus wasn't finished with them. He called his disciples and said, "I hurt for these people. For three days now they've been with me, and now they have nothing to eat. I can't send them away without a meal - they'd probably collapse on the road."</p> <p>Matthew 26:37 - 37 Taking along Peter and the two sons of Zebedee, he plunged into an agonizing sorrow.</p>
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"Hymn Of Joy" - Chris Tomlin

Joyful, joyful, we adore Thee God of glory, Lord of love Hearts unfold like flowers before Thee Opening to the sun above Melt the clouds of sin and sadness Drive the dark of doubt away Giver of immortal gladness Fill us with the light of day Rejoice, rejoice! Emmanuel Your love has come Here to dwell	All Thy works with joy surround Thee Earth and heaven reflect thy rays Stars and angels sing around Thee Center of unbroken praise Field and forest, vale and mountain Flow'ry meadow, flashing sea Singing bird and flowing fountain Call us to rejoice in Thee Rejoice, rejoice! Emmanuel Your love has come Here to dwell Rejoice, rejoice!	Emmanuel Your love has come Here to dwell Mortals join the happy chorus Which the morning stars began Father love is reigning o'er us Brother love binds man to man Ever singing march we onward Victors in the midst of strife Joyful music leads us sunward In the triumph song of life
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