

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!

Highland Colony Men's Roundtable

Can You Self-Assess?

www.MensTable.com

January 15, 2026

Scripture: I Peter 4:7-11; John 14:25-27; Galatians 5:22-24

Music: Love Your Neighbor (Torah Songs - Leviticus 19) – <https://www.youtube.com/watch?v=Vo--mS1wRaE>

Videos: God's Punishment For Paul - The Green Mile - <https://www.youtube.com/watch?v=RB8QhatjXjg>

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: Inner Peace – John 14:25-27.

1. _____ → His peace doesn't consist of freedom from turmoil or suffering but from devotion to God's will.
2. _____ → This inner peace comes from an untroubled, unfearful heart in the midst of suffering and conflict.
3. _____ → As the Holy Spirit empowers us to face every moment, every circumstance – we follow the pattern of Jesus to experience His inner peace.

THE ICEBERG MODEL

1. _____ → We need to understand the God made us whole people, in His image (Genesis 1:27; Luke 2:52).
2. _____ → Ignoring any aspect of who we are as men made in God's image always results in destructive consequences—in our relationship with God, with others, and ourselves.

LIVING GOD'S WAY – God promises if we will do life His way, then I lives will be BEAUTIFUL! – Galatians 5:22, 23.

1. _____ → Affection for others.
2. _____ → Exuberance for life.
3. _____ → Serenity – Composure – Poise.
4. _____ → A willingness to stick with things – finish well.
5. _____ → A sense of compassion in the heart.
6. _____ → A conviction that a basic holiness/value permeates things and people.
7. _____ → Involved in loyal commitments.
8. _____ → Not needing to force our way of life.
9. _____ → Able to marshal and direct our energies wisely.

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



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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. What emotion is inhibiting/prohibiting your emotional maturity?
3. What emotion would most move you toward maturity if you could practice it?

Scripture – The Message

<p>1 Peter 4:7-11 – 7 Everything in the world is about to be wrapped up, so take nothing for granted. Stay wide-awake in prayer. 8 Most of all, love each other as if your life depended on it. Love makes up for practically anything. 9 Be quick to give a meal to the hungry, a bed to the homeless - cheerfully. 10 Be generous with the different things God gave you, passing them around so all get in on it: 11 if words, let it be God's words; if help, let it be God's hearty help. That way, God's bright presence will be evident in everything through Jesus, and he'll get all the credit as the One mighty in everything - encores to the end of time. Oh, yes!</p> <p>John 14:25-27 – 25 "I'm telling you these things while I'm still living with you. 26 The Friend, the Holy Spirit whom the Father will send at my request, will make everything plain to you. He will remind you of all the things I have told you. 27 I'm leaving you well and whole. That's my parting gift to you. Peace. I don't leave you the way you're used to being left - feeling abandoned, bereft. So don't be upset. Don't be distraught.</p>	<p>Galatians 5:22-24 - 22 But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard - things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, 23 not needing to force our way in life, able to marshal and direct our energies wisely. Legalism is helpless in bringing this about; it only gets in the way. 24 Among those who belong to Christ, everything connected with getting our own way and mindlessly responding to what everyone else calls necessities is killed off for good - crucified.</p>
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