

## 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!

### Can You Self-Assess? = Part II

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January 22, 2026

#### Highland Colony Men's Roundtable

Scripture: John 15:5-15; Genesis 1:26-28; Galatians 5:22-24

Music: The Beatles - In My Life <https://www.youtube.com/watch?v=ZqpysaAo4BQ>

Videos: Of Mice and Men - The Loneliest Guys in the World <https://www.youtube.com/watch?v=16bGLMEtAww>

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: Jesus felt (Agape) Love in All Relationships – John 15:5-15.

1. \_\_\_\_\_ → The foundation of its twin companion, compassion. That's one way God "represents" us and fills our empty hearts crying out for acceptance.
2. \_\_\_\_\_ → Jesus sees us as precious and calls us to an interdependence with Him through submission, commitment, and perseverance.
3. \_\_\_\_\_ → Jesus calls us to keep His commandments, use our spiritual gifts, and produce spiritual fruit showing our love for Him.

#### GOD MADE US WHOLE PEOPLE! (Genesis 1:27).

1. \_\_\_\_\_ → Knowing all your parts: Emotional, Physical, Spiritual, and Relational.
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

Fear  
Anger / Reactivity  
Shame  
Insecurity  
Control  
Defensiveness  
Resentment  
Isolation  
Impulsivity  
Avoidance

#### Emotional Maturity

Courage  
Gentleness  
Grace  
Security  
Trust  
Teachability  
Forgiveness  
Connection  
Self-Control  
Engagement



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Men's Roundtable



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**ACTION: Journal This!****Fruit of the Spirit – Self-Assessment**

1. Love – Do I give affection freely without fear?
2. Joy – Do I live with gratitude beyond circumstances?
3. Peace – Do I remain composed under pressure?
4. Patience – Can I stay present when growth is slow?
5. Kindness – Do I move toward others with compassion?
6. Goodness – Do I see value even in broken people?
7. Faithfulness – Do I stay committed when it costs me?
8. Gentleness – Do I use strength with restraint?
9. Self-Control – Do I direct my energy wisely rather than impulsively?

**Scripture – The Message**

**John 15:5-15 - 5** "I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing.**6** Anyone who separates from me is deadwood, gathered up and thrown on the bonfire. **7** But if you make yourselves at home with me and my words are at home in you, you can be sure that whatever you ask will be listened to and acted upon.**8** This is how my Father shows who he is - when you produce grapes, when you mature as my disciples.**9** "I've loved you the way my Father has loved me. Make yourselves at home in my love.**10** If you keep my commands, you'll remain intimately at home in my love. That's what I've done - kept my Father's commands and made myself at home in his love. **11** "I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature.**12** This is my command: Love one another the way I loved you.**13** This is the very best way to love. Put your life on the line for your friends.**14** You are my friends when you do the things I command you.**15** I'm no longer calling you servants because servants don't understand what their master is thinking and planning. No, I've named you friends because I've let you in on everything I've heard from the Father.

**Genesis 1:26-28 - 26** God spoke: "Let us make human beings in our image, make them reflecting our nature So they can be responsible for the fish in the sea, the birds in the air, the cattle, And, yes, Earth itself, and every animal that moves on the face of Earth."**27** God created human beings; he created them godlike, Reflecting God's nature. He created them male and female.**28** God blessed them: "Prosper! Reproduce! Fill Earth! Take charge! Be responsible for fish in the sea and birds in the air, for every living thing that moves on the face of Earth."

**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.

**"In My Life" by The Beatles**

There are places I'll remember  
All my life though some have changed  
Some forever not for better  
Some have gone and some remain  
All these places had their moments  
With lovers and friends I still can recall  
Some are dead and some are living  
In my life I've loved them all  
But of all these friends and lovers  
There is no one compares with you  
And these memories lose their meaning

When I think of love as something new  
Though I know I'll never lose affection  
For people and things that went before  
I know I'll often stop and think about them  
In my life I love you more  
Though I know I'll never lose affection  
For people and things that went before  
I know I'll often stop and think about them  
In my life I love you more  
In my life I love you more