



## 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!

### Top Ten Symptoms of Emotionally Unhealthy Spirituality

Highland Colony Men’s Roundtable

[www.MensTable.com](http://www.MensTable.com)

January 29, 2026

Scripture: Matthew 26:36-38; John 15:11-15

Music: Crazy Heart - Fallin’ and Flyin’ - <https://www.youtube.com/watch?v=RX4-U2r4IS0>

Videos: The alcohol might make Bad Blake clumsy in movement but not in singing - <https://www.youtube.com/watch?v=jyq6pGLEEYA>

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 SAD During Times of Loss – Matthew 26:36-38.

Jesus showed us how to walk through extreme sadness and depression during times of loss.

1. \_\_\_\_\_ → Jesus neither denied His feelings nor withdrew from others.
2. \_\_\_\_\_ → Jesus risked being vulnerable even in the face of being rejected.
3. \_\_\_\_\_ → Jesus asked His closest friends for emotional support.

### THE TOP TEN SYMPTOMS OF UNHEALTHY SPIRITUALITY

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| 1. Using God to run from God.                                   | 6. Doing for God instead of being with God.         |
| 2. Ignoring the emotions of anger, sadness, and fear.           | 7. Spiritualizing away conflict.                    |
| 3. Dying to the wrong things.                                   | 8. Covering over brokenness, weakness, and failure. |
| 4. Denying the past’s impact on the present.                    | 9. Living without limits.                           |
| 5. Dividing our lives into “secular” and “sacred” compartments. | 10. Judging other people’s spiritual journey.       |

### Emotionally Unhealthy Spirituality – One by One!

1. \_\_\_\_\_ → Using God to run from God by creating a great deal of “God-activity” and ignore difficult areas in our life that God wants to change.
2. \_\_\_\_\_ → Many Christian men believe wholeheartedly that anger, sadness, and fear are sins to be avoided, indicating something is wrong with their spiritual life. Ignoring the emotions of anger, sadness, and fear. Many Christian men do not believe they have permission to admit their feelings or express them openly. This applies especially to the more difficult feelings of fear, sadness, shame, anger, hurt, and pain. To the degree that we are unable to express our emotions, we remain impaired in our ability to love God, others, and ourselves well. This leads to a devaluing and repression of the emotional aspect of our humanity that is also made in the image of God.
3. \_\_\_\_\_ → Dying to the wrong things. “The glory of God is a human being fully alive.” – Irenaeus. Applying Jesus’s words from Luke 9:23 – “If anyone would come after me, he must deny himself and take up his cross daily and follow me” can lead to the opposite of what God intends. We are to die to the sinful parts of who we are—such as defensiveness, detachment from others, arrogance, stubbornness, hypocrisy, judgmentalism, a lack of vulnerability—as well as the more obvious sins described for us in Scripture. We are not called to die to the “good” parts of who we are. God never asks us to annihilate our True Self.
4. \_\_\_\_\_ → Denying the past’s impact on the present. → The work of growing in Christ does not mean we don’t go back to the past as we press ahead to what God has for us. It actually demands we go back to break free from unhealthy and destructive patterns that prevent us from loving ourselves and others as God designed.
5. \_\_\_\_\_ → Dividing our lives into “secular” and “sacred” compartments. → Christian men can easily compartmentalize their life to “Christian activities” around church and spiritual disciplines without thinking of God in our marriages, the discipling of our children, the spending of our money, our recreation, etc. The consequences of this practice of our witness to Jesus Christ are incalculable, both for ourselves and the world around us. We miss out on the genuine joy of life with Jesus Christ that he promises (see John 15:11).



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Men’s Roundtable



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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

**ACTION: Journal This!**

1. Which symptom feels most familiar to you right now?
2. Which emotions were discouraged in your upbringing?
3. How has your past shaped your present reactions?

**Scripture – The Message**

<p><b>Matthew 26:36-38 - 36</b> Then Jesus went with them to a garden called Gethsemane and told his disciples, "Stay here while I go over there and pray." <b>37</b> Taking along Peter and the two sons of Zebedee, he plunged into an agonizing sorrow. <b>38</b> Then he said, "This sorrow is crushing my life out. Stay here and keep vigil with me."</p>	<p><b>John 15:11-15 - 11</b> "I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. <b>12</b> This is my command: Love one another the way I loved you. <b>13</b> This is the very best way to love. Put your life on the line for your friends. <b>14</b> You are my friends when you do the things I command you. <b>15</b> 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."</p>
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**"Crazy Heart" - Fallin' and Flyin'**

<p>I was goin' where I shouldn't go          seein' who I shouldn't see          doin' what I shouldn't do          and bein' who I shouldn't be          a little voice told me it's all wrong          another voice told me it's alright          I used to think I was strong          but lately I just lost the fight          funny how fallin' feels like flyin'          for a little while          funny how fallin' feels like flyin'          for a little while</p>	<p>I got tired of bein' good          started missing that old feeling free          stop actin' like I thought I should          and went on back to bein' me          I never meant to hurt no one          I just had to have my way          if there is such a thing as too much fun          this must be the price you pay          funny how fallin' feels like flyin'          for a little while          funny how fallin' feels like flyin'          for a little while</p>	<p>you never see it comin' till it's gone          it all happens for a reason          even when it's wrong          especially when it's wrong          funny how fallin' feels like flyin'          for a little while          funny how fallin' feels like flyin'          for a little while          I was goin' where I shouldn't go          seein' who I shouldn't see          doin' what I shouldn't do          and bein' who I shouldn't be</p>
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