

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

TRUST

GRIEF

TRUST

STRESS

HOPE

STRESS

TRUST

GUILT

JEALOUSY

ANXIETY

PEACE

CONFIDENCE

FEAR

FRUSTRATION

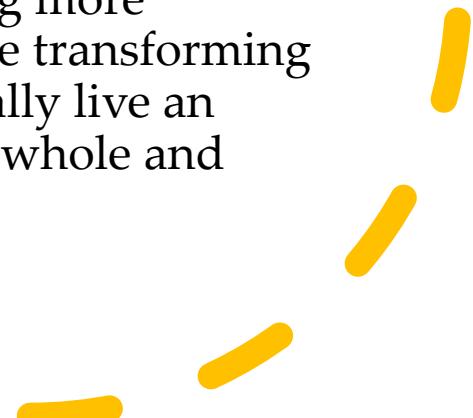
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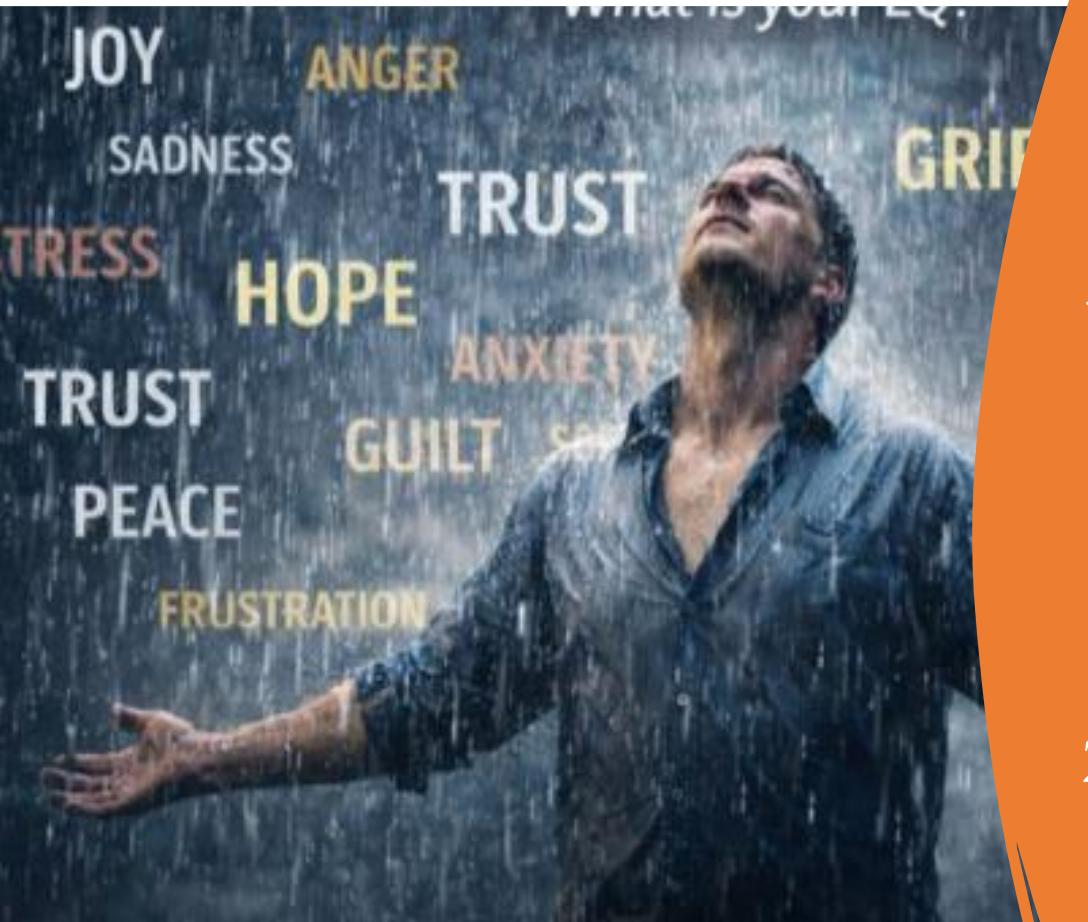


TIME TO GROW UP – Can You Self- Assess?

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!





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. **CALM FROM TRUSTING GOD** → His peace doesn't consist of freedom from turmoil or suffering but from devotion to God's will.
2. **INSIDE TRANQUILITY** → This inner peace comes from an untroubled, unfearful heart in the midst of suffering and conflict.
3. **SUBMIT TO CHRIST** → 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. **EMOTIONAL UNDERDEVELOPMENT** → We need to understand the God made us whole people, in His image (Genesis 1:27; Luke 2:52).
2. **DESTRUCTIVE CONSEQUENCES** → 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. LOVE → Affection for others.
2. JOY → Exuberance for life.
3. PEACE → Serenity – Composure – Poise.
4. PATIENCE → A willingness to stick with things – finish well.
5. KINDNESS → A sense of compassion in the heart.
6. GOODNESS → A conviction that a basic holiness/value permeates things and people.
7. FAITHFULNESS → Involved in loyal commitments.
8. GENTLENESS → Not needing to force our way of life.
9. SELF-CONTROL → Able to marshal and direct our energies wisely.

Emotional Immaturity Emotional Maturity

- 1. Fear
- 2. Anger/Reactivity
- 3. Shame
- 4. Insecurity
- 5. Control
- 6. Defensiveness
- 7. Resentment
- 8. Isolation
- 9. Impulsivity
- 10. Avoidance

- 1. Courage
- 2. Gentleness
- 3. Grace
- 4. Security
- 5. Trust
- 6. Teachability
- 7. Forgiveness
- 8. Connection
- 9. Self-Control
- 10. Engagement

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?

