

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

LONELY



TIME TO GROW UP

Can You Self- Assess?

PART II

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)

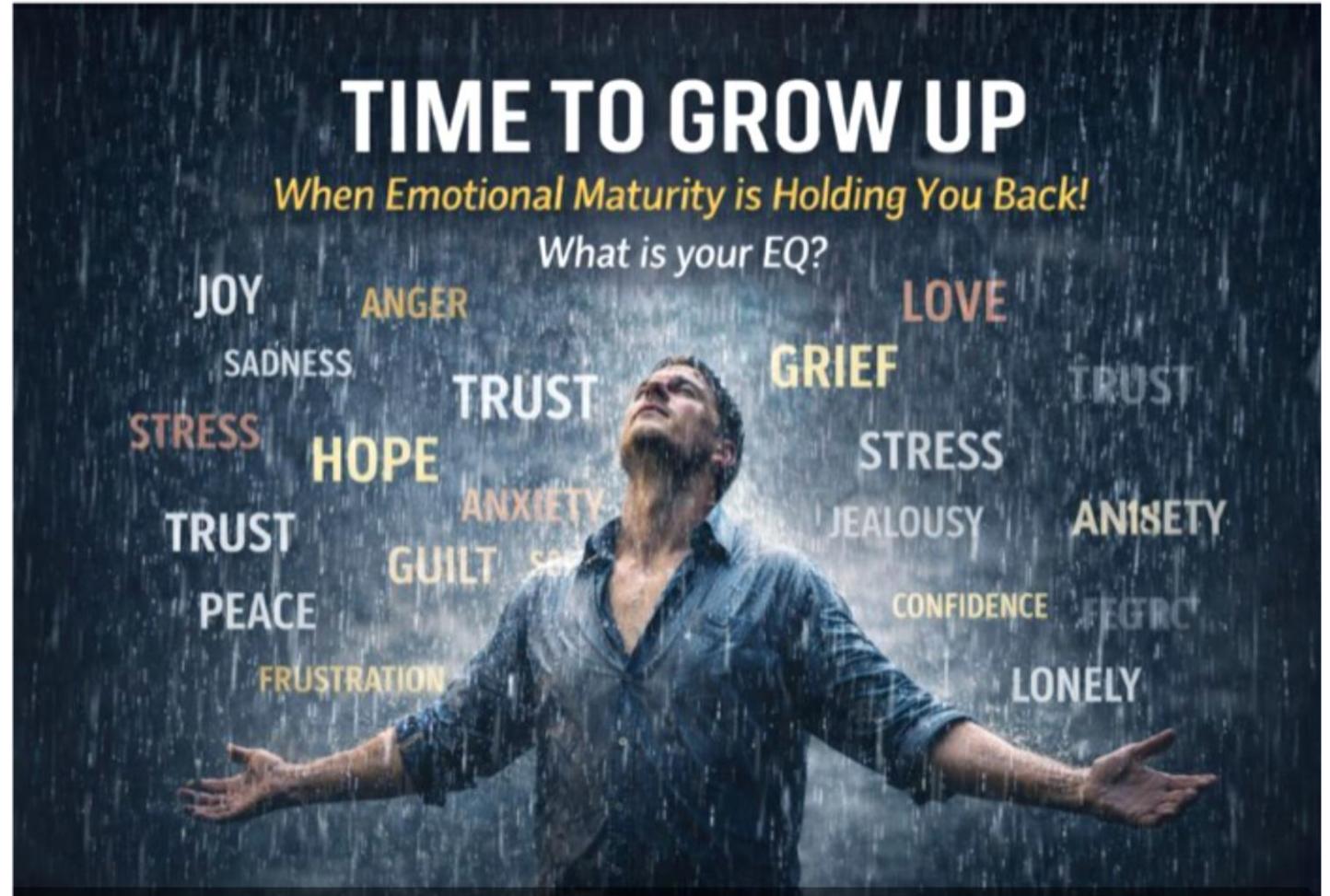
A Christian Definition

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

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

1. **SELF-SACRIFICING** → The foundation of its twin companion, compassion. That's one way God "represents" us and fills our empty hearts crying out for acceptance.
2. **VALUE** → Jesus sees us as precious and calls us to an interdependence with Him through submission, commitment, and perseverance.
3. **GIFTEDNESS** → 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 1:26-28)

1. WHOLE → Knowing all your parts: Emotional, Physical, Spiritual, and Relational.
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 5:22-24.

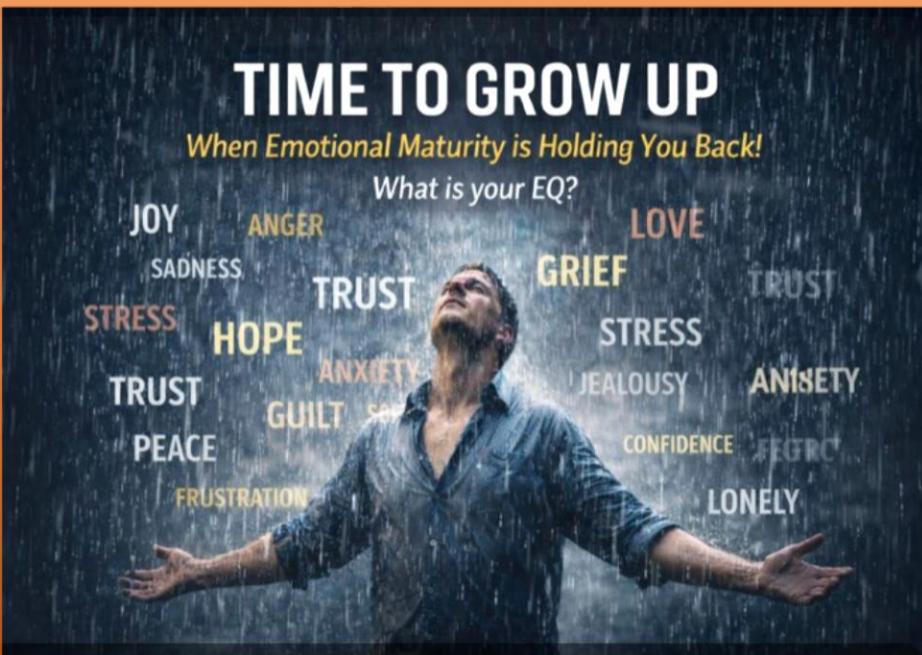
1. LOVE → Affection for others.
2. JOY → Exuberance for life.
3. PEACE → Serenity – Composure – Poise.
4. PATIENCE → A willingness to stick with things – finish well.
5. KINDNESS → A sense of compassion in the heart.
6. GOODNESS → A conviction that a basic holiness/value permeates things and people.
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 Prompts



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?