

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

GRIEF

TRUST

TRUST

STRESS

HOPE

STRESS

ANXIETY

JEALOUSY

ANXIETY

TRUST

GUILT

CONFIDENCE

REGRET

PEACE

FRUSTRATION

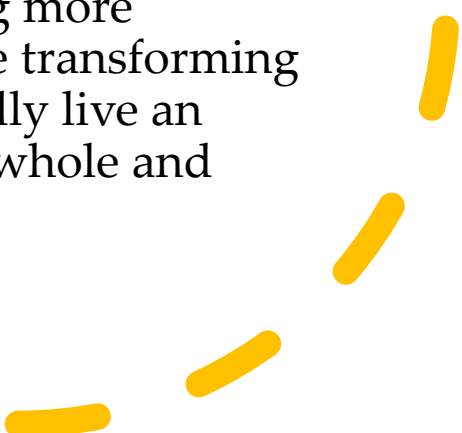
LONELY



TIME TO GROW UP – Top Ten Symptoms of Emotionally Unhealthy Spirituality

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 SAD During Times of Loss

Matthew 26:36-38

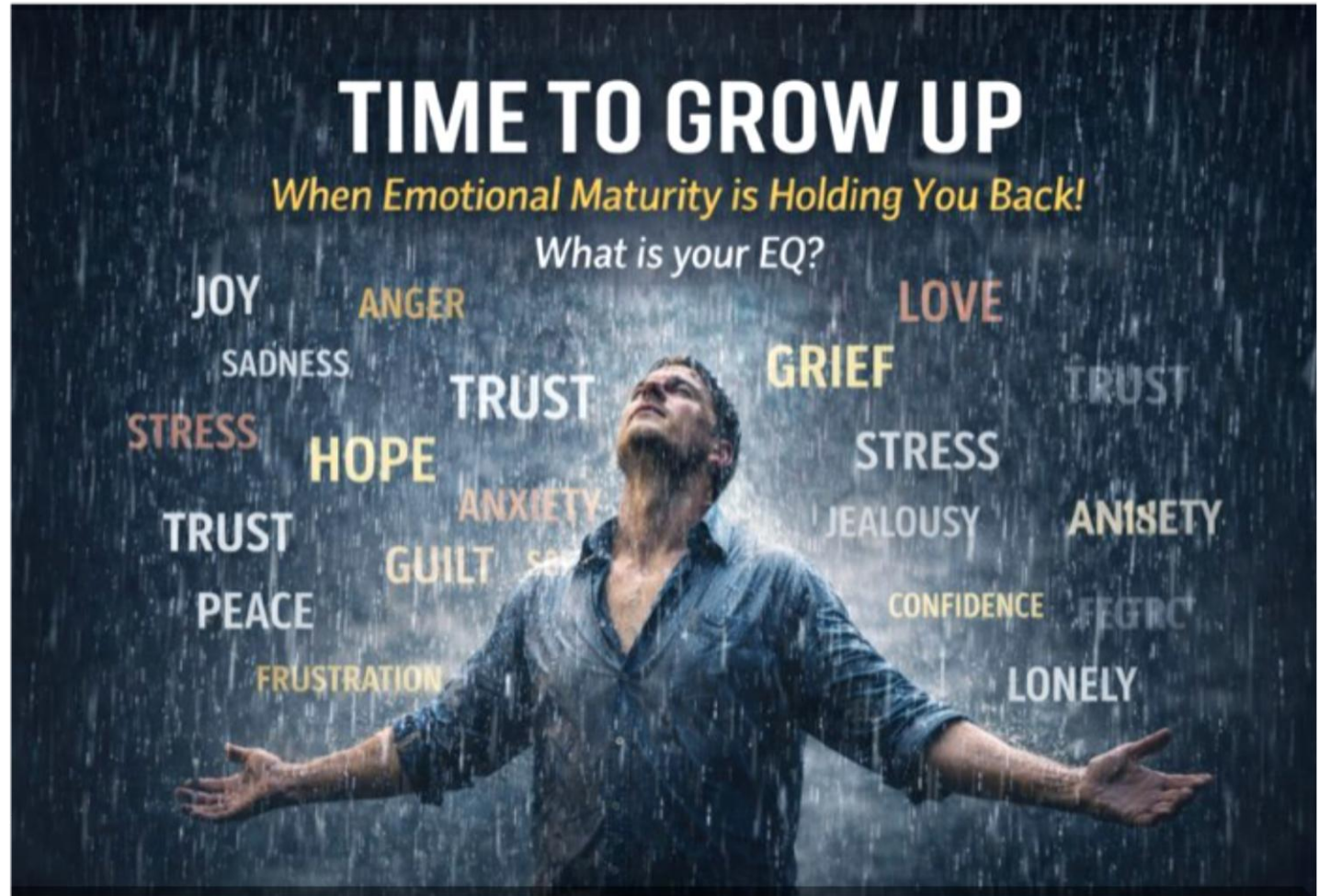
Jesus showed us how to walk through extreme sadness and depression during times of loss.

1. Be with others → Jesus neither denied His feelings nor withdrew from others.
2. Revealed His feelings → Jesus risked being vulnerable even in the face of being rejected.
3. Asked for Emotional Support → Jesus asked His closet friends for emotional support.



THE TOP TEN SYMPTOMS OF UNHEALTHY SPIRITUALITY

1. Using God to run from God.
2. Ignoring the emotions of anger, sadness, and fear.
3. Dying to the wrong things.
4. Denying the past's impact on the present.
5. Dividing our lives into "secular" and "sacred" compartments.



THE TOP TEN SYMPTOMS OF UNHEALTHY SPIRITUALITY

6. Doing for God instead of being with God.
7. Spiritualizing away conflict.
8. Covering over brokenness, weakness, and failure.
9. Living without limits.
10. Judging other people's spiritual journey.



Emotionally Unhealthy Spirituality

– One by One!

1. **SPIRITUAL DISTRACTION** → 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. **EMOTIONAL DENIAL** → 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.

Emotionally Unhealthy Spirituality

– One by One!

3. **FALSE SELF-CRUCIFIXION** → 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. **UNFINISHED BUSINESS** → 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.

Emotionally Unhealthy Spirituality

– One by One!

5. **COMPARTMENTALIZED FAITH** → 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).

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

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?

