

# 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 – 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!

# Emotional Maturity (EQ) – A Christian Definition

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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

1. **Face of Jesus** → Scripture reveals a wide variety of emotions and responses from Jesus. We “see” a motivational force that affects feelings, thoughts, and responses. The face mirrors most of our emotions and Jesus is the same (Luke 9:51).
2. **Tears of Jesus** → There are only two physiological references that talk about Jesus shedding tears and sweating drops of blood, as He prayed (Luke 22:44; Hebrews 5:7). These responses show that Jesus lived with intensity, concern, and energy. See more emotions and responses (Matthew 15:32 – Hurt & Empathy; 26:37 – Grief & Distress).
3. **Personality** → Jesus was fully alive, as we see Him expressed through His emotions, relationships, mind, self-image, and will.



# Biblical Foundations of Emotional Maturity

1. **Self-Awareness & Heart Examination** → “Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23.
2. **Self-Control Through the Spirit** → “For God gave us a spirit not of fear but of power and love and self-control.” — 2 Timothy 1:7. “A man without self-control is like a city broken into and left without walls.” — Proverbs 25:28.
3. **Slowness to Anger, Quickness to Listen** → “Everyone should be quick to listen, slow to speak and slow to become angry.” — James 1:19.
4. **Christlike Emotional Expression** → “In your anger do not sin.” — Ephesians 4:26
5. **Humility, Accountability, and Teachability** → “The way of a fool is right in his own eyes, but a wise man listens to advice.” — Proverbs 12:15.
6. **Love as the Measure of Maturity** → “When I was a child, I talked like a child... When I became a man, I put the ways of childhood behind me.” — 1 Corinthians 13:11. “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” — Galatians 5:22–23.

**Summary:** Emotional maturity is spiritual maturity applied to emotions.

# 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!

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1. When you hear the phrase “Time to Grow Up,” what emotions surface first—and why?
2. In what ways have you seen emotional immaturity affect your faith, relationships, or leadership?
3. What is one emotional reaction this week you want to pause and examine instead of react to?

