

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?



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

www.MensTable.com

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Highland Colony Men's Roundtable

Scripture: Hebrews 5:7-10; Matthew 5:8; Psalm 51:7; II Corinthians 12:7-10; Matthew 7:1-5

Music: Jelly Roll - My Cross - <https://www.youtube.com/watch?v=4Gelt8-OL5M>

Videos: The ENTIRE Story of Jonah... If He Had an iPhone - <https://www.youtube.com/watch?v=p8bH5LE7izo>

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 a Healthy Fear for God's Authority – Hebrews 5:7-10.

Jesus behavior shows us how we can revere God and His authority while walking through life.

1. _____ → Jesus submitted to God's authority. He did not seek position or status or power.
2. _____ → He did not deny feelings—with strong crying Jesus talked to the Father.
3. _____ → Jesus trusted God's sovereignty and wisdom. He received power from God.

Emotionally Unhealthy Spirituality – One by One!

1. _____ → Using God to Run from God. "I stay busy for God so I don't have to be honest with God."
2. _____ → Ignoring Anger, Sadness, and Fear. "If I don't name it, I don't have to face it."
3. _____ → Dying to the Wrong Things. "I kill the good parts of me instead of the sinful parts."
4. _____ → Denying the Past's Impact on the Present. "What I won't grieve, I will repeat."
5. _____ → Dividing Life into Sacred and Secular. "God gets my church life, not my real life."
6. _____ → Doing for God Instead of Being with God. "I confuse productivity with intimacy." Matthew 5:8.
7. _____ → Spiritualizing Away Conflict. "I call it spiritual—but it's really fear."
8. _____ → Covering Brokenness, Weakness, and Failure. "I protect my reputation at the cost of my healing." Psalm 51:17. II Corinthians 12:7-10. We are ALL deeply flawed and broken!
9. _____ → Living Without Limits. "I call it sacrifice, but it's actually self-neglect."
10. _____ → Judging Other People's Spiritual Journey. "I feel secure by measuring myself against others." Matthew 7:1-5.

ACTION: Journal This!

1. Where do you say "I'll pray about it" instead of having the hard conversation?
2. What image do you feel pressure to protect in this group, church, or family?
3. What boundary have you been afraid to set—and why?



Sign in to this Thursday's
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	

Scripture – The Message

Hebrews 5:7-10 - While he lived on earth, anticipating death, Jesus cried out in pain and wept in sorrow as he offered up priestly prayers to God. Because he honored God, God answered him. Though he was God's Son, he learned trusting-obedience by what he suffered, just as we do. Then, having arrived at the full stature of his maturity and having been announced by God as high priest in the order of Melchizedek, he became the source of eternal salvation to all who believably obey him.

Matthew 5:8 - "You're blessed when you get your inside world - your mind and heart - put right. Then you can see God in the outside world.

Psalm 51:7 - Soak me in your laundry and I'll come out clean, scrub me and I'll have a snow-white life.

II Corinthians 12:7-10 - Because of the extravagance of those revelations, and so I wouldn't get a big head, I was given the gift of a handicap to keep me in constant touch with my limitations. Satan's angel did his best to get me down; what he in fact did was push me to my knees. No danger then of walking around high and mighty! At first I didn't think of it as a gift, and begged God to remove it. Three times I did that, and then he told me, My grace is enough; it's all you need. My strength comes into its own in your weakness. Once I heard that, I was glad to let it happen. I quit focusing on

the handicap and began appreciating the gift. It was a case of Christ's strength moving in on my weakness. Now I take limitations in stride, and with good cheer, these limitations that cut me down to size - abuse, accidents, opposition, bad breaks. I just let Christ take over! And so the weaker I get, the stronger I become.

Matthew 7:1-5 - "Don't pick on people, jump on their failures, criticize their faults - unless, of course, you want the same treatment. That critical spirit has a way of boomeranging. It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt? It's this whole traveling road-show mentality all over again, playing a holier-than-thou part instead of just living your part. Wipe that ugly sneer off your own face, and you might be fit to offer a washcloth to your neighbor.

"My Cross" By Jelly Roll

Your blood is my blood and poison runs deep
 Knowing you're mine scares the hell outta me
 'Cause hurt is a sickness and trauma is too
 And I'd rather die than to pass it to you
 'Cause that's my cross to carry, my scars to heal
 My pain to bury, not yours to feel
 I pray every day I can love you enough
 So my cross to carry won't be yours to pick up
 I hope to God you don't get my addictions
 Don't deal with my demons or make my decisions
 Yeah, I hope the apple falls far from the tree
 And the sins of the father stop right here with me
 'Cause that's my cross to carry, my scars to heal

My pain to bury, not yours to feel
 I pray every day I can love you enough
 So my cross to carry won't be yours to pick up
 Won't be yours to pass down
 And when you make mistakes on your own
 I hope that you know
 You'll never go through it alone
 'Cause that's my cross to carry, my scars to heal
 My pain to bury, not yours to feel
 I pray every day I can love you enough
 So my cross to carry won't be yours to pick up
 Won't be yours to pick up
 Won't be yours to pick up

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