



## 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!

### The Antidote – Do You Want to Grow

Highland Colony Men’s Roundtable

UP? [www.MensTable.com](http://www.MensTable.com)

February 12, 2026

**Scripture:** Revelation 13:3, 4; Revelation 18:1-8; Revelation 12:7-17; Revelation 13:9,10

**Music:** Archie Williams FREE After 37 Years - Sings For JUSTICE! <https://www.youtube.com/watch?v=wAWXyzVWwRc>

**Videos:** Archie Williams: I never let my mind go to prison - <https://www.youtube.com/watch?v=08FtRMtHsqI>

**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 Pressure in Dealing with Stress – Luke 12:49-53.

1. \_\_\_\_\_ → Jesus stayed sensitive to His emotional responses and physical strength.
2. \_\_\_\_\_ → Balanced in His care for others without depleting His reserves.
3. \_\_\_\_\_ → Stayed sensitive to His commitment of doing God’s will.

### THE ANTIDOTE to IMMATURITY!

If we are to truly GROW UP, then we need something more than “10 new things to feel guilty about messing up.” We need an antidote that turns our spiritual lives right side up.

1. \_\_\_\_\_.
2. \_\_\_\_\_.

Together these two unleash a revolution in our lives.

### DO NOT UNDERESTIMATE THE INTENSITY AND POWER OF EVIL—BOTH OUTSIDE AND INSIDE OF US.

1. \_\_\_\_\_ → The Apostle John used pictures and images familiar to his readers to enable them to see clearly what was really going on around them. The Book of Revelation pictures the Roman Empire as “the beast.” The Roman culture, economy, education, and military might brought great wealth and peace to their empire. People were excited about Roman rule. See Revelation 13:3, 4 and Revelation 18:4. Satan was using the Roman Empire to cut believers off, by any means possible, from a living relationship with Jesus. See Revelation 12:9, 17.
2. \_\_\_\_\_ → Believers must resist and overcome the beast expressed through the culture of their generation – Revelation 13:10. Therefore, it is essential we see clearly how the beast threatens the church and absorbs Christians in our day. Only God intervening in the person of Jesus to live and die on the cross on our behalf could rescue us from our helpless condition in sin and the influence of the culture around us.

### Emotional Health Defined

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| 1. Identify feelings.   | 6. Developing the capacity to express our thoughts and feelings clearly. |
| 2. Compassion for others.   | 7. Asking for what we need.  |
| 3. Initiating and Maintaining close and meaningful relationships. | 8. Self-Awareness – self-assessing our strengths and weaknesses.         |
| 4. Breaking free from self-destructive patterns.                  | 9. Resolve conflict.   |
| 5. Being aware of how our past impacts our present.               | 10. Grieving well.   |



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## Contemplative Spirituality Defined

<ol style="list-style-type: none"> <li>1. Awakening and Surrender to God's Love in any and every situation.</li> <li>2. Positioning ourselves to hear God and remember His presence in all we do.</li> <li>3. Communing with God, allowing Him to fully indwell the depth of our being.</li> <li>4. Practicing silence, solitude, and a life of unceasing prayer.</li> <li>5. Resting attentively in the presence of God.</li> </ol>	<ol style="list-style-type: none"> <li>6. Understanding our earthly life as a journey of transformation toward ever-increasing union with God.</li> <li>7. Finding our True Identity – who we are – in God.</li> <li>8. Being aware of the sacred in all of life.</li> <li>9. Allowing our Christian lives to be shaped by the rhythms of the Christian calendar rather than the culture.</li> <li>10. Living in committed community that passionately loves Jesus above all else.</li> </ol>
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Emotional Immaturity		Emotional Maturity	
Fear	Defensiveness	Courage	Teachability
Anger / Reactivity	Resentment	Gentleness	Forgiveness
Shame	Isolation	Grace	Connection
Insecurity	Impulsivity	Security	Self-Control
Control	Avoidance	Trust	Engagement

### ACTION: Journal This!

1. Which emotional pattern—anger, avoidance, control, withdrawal—shows up most under pressure?
2. In what ways is today's culture shaping your emotions more than your walk with God?
3. What practice (silence, journaling, prayer, solitude) could help you stay present with God?

### Scripture – The Message

<p>Revelation 13:3, 4 - <b>3</b> One of the Beast's heads looked as if it had been struck a deathblow, and then healed. The whole earth was agog, gaping at the Beast. <b>4</b> They worshiped the Dragon who gave the Beast authority, and they worshiped the Beast, exclaiming, "There's never been anything like the Beast! No one would dare go to war with the Beast!"</p> <p>Revelation 18:1-8 - <b>1</b> Following this I saw another Angel descend from Heaven. His authority was immense, his glory flooded earth with brightness, <b>2</b> his voice thunderous: Ruined, ruined, Great Babylon, ruined! A ghost town for demons is all that's left! A garrison of carrion spirits, garrison of loathsome, carrion birds. <b>3</b> All nations drank the wild wine of her whoring; kings of the earth went whoring with her; entrepreneurs made millions exploiting her. <b>4</b> Just then I heard another shout out of Heaven: Get out, my people, as fast as you can, so you don't get mixed up in her sins, so you don't get caught in her doom. <b>5</b> Her sins stink to high Heaven; God has remembered every evil she's done. <b>6</b> Give her back what she's given, double what she's doubled in her works, double the recipe in the cup she mixed; <b>7</b> Bring her flaunting and wild ways to torment and tears. Because she gloated, "I'm queen over all, and no widow, never a tear on my face," <b>8</b> In one day, disasters will crush her - death, heartbreak, and famine - Then she'll be burned by fire, because God, the Strong God who judges her, has had enough.</p> <p>Revelation 12:7-17 - <b>7</b> War broke out in Heaven. Michael and his Angels fought the Dragon. The Dragon and his Angels fought back, <b>8</b> but were no match for Michael. They were cleared out of Heaven, not a sign of them</p>	<p>left. <b>9</b> The great Dragon - ancient Serpent, the one called Devil and Satan, the one who led the whole earth astray - thrown out, and all his Angels thrown out with him, thrown down to earth. <b>10</b> Then I heard a strong voice out of Heaven saying, Salvation and power are established! Kingdom of our God, authority of his Messiah! The Accuser of our brothers and sisters thrown out, who accused them day and night before God. <b>11</b> They defeated him through the blood of the Lamb and the bold word of their witness. They weren't in love with themselves; they were willing to die for Christ. <b>12</b> So rejoice, O Heavens, and all who live there, but doom to earth and sea, For the Devil's come down on you with both feet; he's had a great fall; He's wild and raging with anger; he hasn't much time and he knows it. <b>13</b> When the Dragon saw he'd been thrown to earth, he went after the Woman who had given birth to the Man-Child. <b>14</b> The Woman was given wings of a great eagle to fly to a place in the desert to be kept in safety and comfort for a time and times and half a time, safe and sound from the Serpent. <b>15</b> The Serpent vomited a river of water to swamp and drown her, <b>16</b> but earth came to her help, swallowing the water the Dragon spewed from its mouth. <b>17</b> Helpless with rage, the Dragon raged at the Woman, then went off to make war with the rest of her children, the children who keep God's commands and hold firm to the witness of Jesus.</p> <p>Revelation 13:9,10 - <b>9</b> Are you listening to this? <b>10</b> They've made their bed; now they must lie in it. Anyone marked for prison goes straight to prison; anyone pulling a sword goes down by the sword. Meanwhile, God's holy people passionately and faithfully stand their ground.</p>
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### "Don't Let The Sun Go Down On Me" By Elton John

<p>I can't light no more of your darkness  All my pictures seem to fade to black and white  I'm growing tired, and time stands still before me  Frozen here on the ladder of my life  Too late to save myself from falling  I took a chance and changed your way of life  But you misread my meaning when I met you  Closed the door and left me blinded by the light  Don't let the sun go down on me  Although I search myself, it's always someone else I see  I'd just allow a fragment of your life to wander free  But losing everything is like the sun going down on me  I can't find, oh, the right romantic line  But see me once and see the way I feel</p>	<p>Don't discard me just because you think I mean you harm  But these cuts I have, oh, they need love to help them heal  Don't let the sun go down on me  (Don't let the sun)  Although I search myself, it's always someone else I see  I'd just allow a fragment of your life to wander free  (Don't let the sun)  But losing everything is like the sun going down on me  Don't let the sun go down on me  (Don't let the sun)  Although I search myself, it's always someone else I see  I'd just allow a fragment of your life to wander free, yeah  (Don't let the sun)  But losing everything is like the sun going down on me</p>
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