



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 UP? – Part II

Highland Colony Men’s Roundtable

www.MensTable.com

February 19, 2026

Scripture: I Peter 2:21-25, Matthew 22:37-40, I John 4:7-21, Luke 10:38-42, John 15:11-15, Psalm 55:1-8, 16-19

Music: Rodney Atkins - Watching You (Official) – <https://www.youtube.com/watch?v=2uzK3VwzraM>

Videos: The Kid Scene: "I thought you never cried?" - <https://www.youtube.com/watch?v=CJFThx0zVku>

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 Emotional & Physical Suffering in Dealing with Stress – I Peter 2:21-25. A Model for Walking through Suffering.

1. _____ → Jesus did what was right and suffered for it. He patiently walked through the suffering.
2. _____ → Jesus knew that His suffering was not His fault. He was obedient to God’s will.
3. _____ → Jesus spoke no evil to His persecutors and uttered no threats.

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.

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. |

Contemplative Spirituality Defined

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| 1. Awakening and Surrender to God’s Love in any and every situation. | 6. Understanding our earthly life as a journey of transformation toward ever-increasing union with God. |
| 2. Positioning ourselves to hear God and remember His presence in all we do. | 7. Finding our True Identity – who we are – in God. |
| 3. Communing with God, allowing Him to fully indwell the depth of our being. | 8. Being aware of the sacred in all of life. |
| 4. Practicing silence, solitude, and a life of unceasing prayer. | 9. Allowing our Christian lives to be shaped by the rhythms of the Christian calendar rather than the culture. |
| 5. Resting attentively in the presence of God. | 10. Living in committed community that passionately loves Jesus above all else. |

JOINING THE TWO TOGETHER

1. _____ → Awareness of and responding to the love of God is at the heart of our lives (Matthew 22:37-40). If our contemplation or “loving union with God” does not result in a loving union with people, then it is not true. See I John 4:7-21.
2. _____ → Self-Awareness, knowing what is going on inside of us, is indispensable to emotional health and loving well. The extent to which we love and respect ourselves is the extent to which we will be able to love and respect others.



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Men’s Roundtable



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3. _____ → Each enables us to participate in the transformative power of Jesus.
 1. The Gift of Slowing Down → Reflection allows us to listen to God and to ourselves. Luke 10:38-42.
 2. The Gift of Anchoring in God's Love → God heals our image of who God is and who we are. John 15:15.
 3. The Gift of Breaking Free from Illusions → We get set free to live in the truth of Jesus, rather than performance.
4. _____ → A man after God's own heart, modeled beautifully the seamless integration of a full emotional life with a profound contemplative life with God (Psalm 55:1-8, 16-19).

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. How do you practice emotional health?
2. How do you practice contemplative spirituality?
3. What stress/challenge is confronting you at this time?

Scripture – The Message

I Peter 2:21-25 - 21 This is the kind of life you've been invited into, the kind of life Christ lived. He suffered everything that came his way so you would know that it could be done, and also know how to do it, step-by-step.

22 He never did one thing wrong, Not once said anything amiss. **23** They called him every name in the book and he said nothing back. He suffered in silence, content to let God set things right. **24** He used his servant body to carry our sins to the Cross so we could be rid of sin, free to live the right way. His wounds became your healing. **25** You were lost sheep with no idea who you were or where you were going. Now you're named and kept for good by the Shepherd of your souls.

Matthew 22:37-40 - 37 Jesus said, "'Love the Lord your God with all your passion and prayer and intelligence.' **38** This is the most important, the first on any list. **39** But there is a second to set alongside it: 'Love others as well as you love yourself.' **40** These two commands are pegs; everything in God's Law and the Prophets hangs from them."

Luke 10:38-42 - 38 As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. **39** She had a sister, Mary, who sat before the Master, hanging on every word he said. **40** But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand." **41** The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. **42** One thing only is

essential, and Mary has chosen it - it's the main course, and won't be taken from her."

John 15:11-15 - 11 "I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. **12** This is my command: Love one another the way I loved you. **13** This is the very best way to love. Put your life on the line for your friends. **14** You are my friends when you do the things I command you. **15** I'm no longer calling you servants because servants don't understand what their master is thinking and planning. No, I've named you friends because I've let you in on everything I've heard from the Father.

Psalms 55:1-8, 16-19 - 1 Open your ears, God, to my prayer; don't pretend you don't hear me knocking. **2** Come close and whisper your answer. I really need you. **3** At the mean voice, quail before the evil eye, As they pile on the guilt, stockpile angry slander. **4** My insides are turned inside out; specters of death have me down. **5** I shake with fear, I shudder from head to foot. **6** "Who will give me wings," I ask - "wings like a dove?" Get me out of here on dove wings; **7** I want some peace and quiet. I want a walk in the country, **8** I want a cabin in the woods. I'm desperate for a change from rage and stormy weather.

16 I call to God; God will help me. **17** At dusk, dawn, and noon I sigh deep sighs - he hears, he rescues. **18** My life is well and whole, secure in the middle of danger Even while thousands are lined up against me. **19** God hears it all, and from his judge's bench puts them in their place. But, set in their ways, they won't change; they pay him no mind.

"Watching You" By Rodney Adkins

Driving through town, just my boy and me With a Happy Meal in his booster seat Knowing that he couldn't have the toy 'til his nuggets were gone A green traffic light turned straight to red I hit my brakes and mumbled under my breath His fries went a-flying and his orange drink covered his lap Well, then my four-year-old said a four-letter word That started with "S" and I was concerned So I said, "Son, now where'd you learn to talk like that?" He said, "I've been watching you, dad. Ain't that cool?" I'm your buckaroo, I wanna be like you And eat all my food and grow as tall as you are We got cowboy boots and camo pants	Yeah, we're just alike. Hey, ain't we, dad? I wanna do everything you do So I've been watching you" We got back home and I went to the barn I bowed my head and I prayed real hard Said, "Lord, please help me help my stupid self" Then this side of bedtime later that night Turning on my son's Scooby Doo nightlight He crawled out of bed and he got down on his knees He closed his little eyes, folded his little hands And spoke to God like he was talking to a friend And I said, "Son, now where'd you learn to pray like that?" He said, "I've been watching you, dad. Ain't that cool?" I'm your buckaroo, I wanna be like you And eat all my food and grow as tall as you are	We like fixing things and holding mama's hand Yeah we're just alike. Hey, ain't we, dad? I wanna do everything you do So I've been watching you" With tears in my eyes I wrapped him in a hug Said, "My little bear is growing up" He said, "But when I'm big I'll still know what to do" 'Cause I've been watching you, dad. Ain't that cool? I'm your buckaroo, I wanna be like you And eat all my food and grow as tall as you are By then I'll be as strong as Superman We'll be just alike. Hey, won't we, dad? When I can do everything you do 'Cause I've been watching you"
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