



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!

BECOME YOUR TRUE SELF

Highland Colony Men’s Roundtable

www.MensTable.com

February 26, 2026

Scripture: Matthew 9:35-38

Music: Jason Aldean - The Truth - <https://www.youtube.com/watch?v=b3HW2BYxz5Q>

Videos: ANXIOUS COMEDIAN - <https://www.facebook.com/reel/1808372499840874>

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 Compassion for Those Moving through Trials – Matthew 9:35-38.

1. _____ → Jesus did not deny His emotions of sympathy, kindness, and mercy.
2. _____ → Jesus related to each hurting person with great respect.
3. _____ → Jesus met each need without partiality or codependency.

8 MAIN FAMILIES OF EMOTIONS

1. _____ → Fury, Hostility, Irritability, Annoyance, Frustration.
2. _____ → Grief, Self-pity, Despair, Dejection, Loneliness, Disappointment.
3. _____ → Anxiety, Edginess, Nervousness, Fright, Terror, Apprehension.
4. _____ → Joy, Relief, Contentment, Delight, Thrill, Euphoria, Ecstasy.
5. _____ → Acceptance, Trust, Devotion, Adoration.
6. _____ → Shock, Amazement, Wonder.
7. _____ → Contempt, Scorn, Aversion, Distaste, Revulsion.
8. _____ → Guilt, Remorse, Humiliation, Embarrassment, Chagrin.

YOUR FAMILY SHAPED YOU!

1. _____ → Your Family shaped up! – How you handle anger. How you handle conflict. How you express emotion. How you respond to authority. How you handle closeness.
2. _____ → Some of you grew up in: Explosive Homes, Silent Homes, Religious Homes with no vulnerability, Homes where performance earned love.
3. _____ → You became the Achiever ... the Peacemaker ... the Invisible One ... the Funny One, the Tough One.
4. _____ → What helped you survive childhood ..., may be sabotaging your adulthood. Growing up means examining the Family Scripts.

DIFFERENTIATION: Becoming a Mature Man!

1. _____ → It means you can stay connected to another person without losing yourself. You can disagree without cutting off. You can feel anxiety without being ruled by it.
2. _____ → React quickly, withdraw quickly, dominate quickly, and need approval constantly.
3. _____ → Stay steady under pressure, speak calmly, hold boundaries, and remain present.

THE GOSPEL OF AUTHENTICITY!

1. _____ ☑ Being known by God as the Beloved son. The False Self fears exposure. The True Self welcomes light.
2. _____ ☑ It’s about integrity—integration- the same man at church, at home, and at work. No masks! No compartments! No pretending. Just a son, loved by his Father, and living truthfully!
3. _____ ☑ Accept the invitation! Tell the truth about your anger, your fear, you loneliness, and your limits. Psalm 139 frees me to be the man who can say: “This is who I really am ... and I trust Jesus with it!”



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Men’s Roundtable



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ACTION: Journal This!

1. You can't heal what you hide – what are you being silent about that needs to be told?
2. Your reactions reveal your story – what reactivity do you need to acknowledge to grow up?
3. The courage to be known is the beginning of freedom – what secret are you holding that needs to be brought into the light?

Scripture – The Message

Matthew 9:35-38 - 35 Then Jesus made a circuit of all the towns and villages. He taught in their meeting places, reported kingdom news, and healed their diseased bodies, healed their bruised and hurt lives. **36** When he looked out over the crowds, his heart broke. So confused and aimless they were, like sheep with no shepherd. **37** "What a huge harvest!" he said to his disciples. "How few workers! **38** On your knees and pray for harvest hands!"

"The Truth" by Jason Aldean

<p>Tell 'em all I'm on vacation Say I went to visit friends That you ain't heard or seen from me in quite a while When they ask you where I've been Tell 'em I'm out on the West Coast Where it don't ever rain And that I'm probably doing fine Just don't tell 'em I've gone crazy That I'm still strung out over you Tell 'em anythin' you want to Just don't tell 'em all the truth</p>	<p>Yeah, don't tell 'em all the truth Tell 'em all I'm out in Vegas Blowin' every dollar I ever made Tell 'em that I must be into somethin' bad for me 'Cause I sure lost a lot of weight Tell 'em I'm out on the road With some old rock and roll band Living like a gypsy king Just don't tell 'em I've gone crazy That I'm still strung out over you Tell 'em anythin' you want to Just don't tell 'em all the truth</p>	<p>Yeah, don't tell 'em all the truth The truth is that I'm askin' you to lie And we both know that it ain't right But if you ever loved me Please have some mercy on me Yeah, yeah, yeah, yeah Tell 'em anything you want to Just don't tell 'em all the truth Yeah, don't tell 'em all the truth I still need you Yeah, that's the truth I still love you Baby, that's the truth</p>
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