

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

GRIEF

TRUST

TRUST

STRESS

STRESS

HOPE

ANXIETY

JEALOUSY

ANISETY

TRUST

GUILT

CONFIDENCE

PEACE

FRUSTRATION

LONELY





TIME TO GROW UP – BECOME YOUR TRUE SELF!

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!



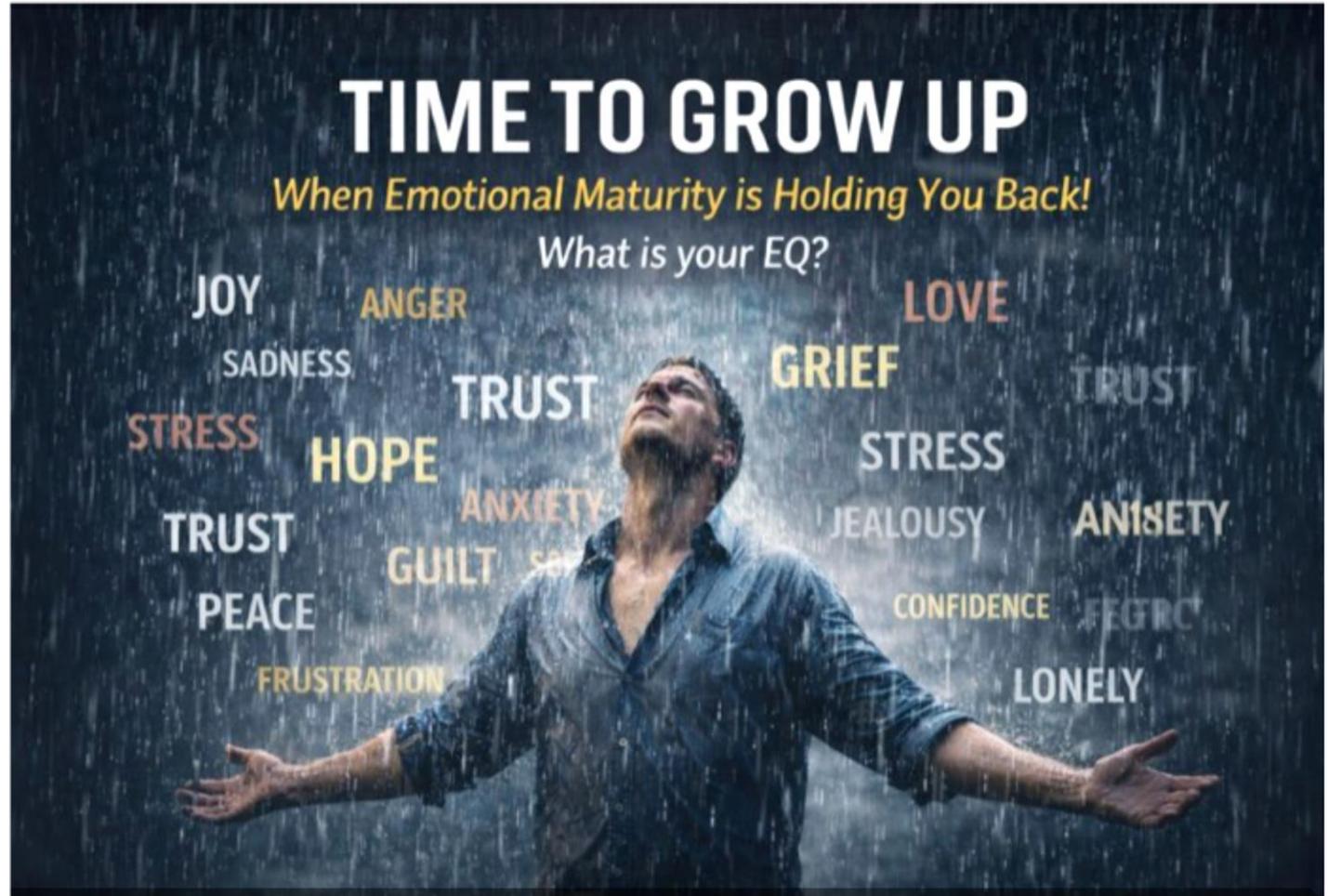
Emotional Maturity (EQ) – A Christian Definition



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. DEEP COMPASSION → Jesus did not deny His emotions of sympathy, kindness, and mercy.
2. HONOR & DIGNITY → Jesus related to each hurting person with great respect.
3. ASSESSED THE NEED → Jesus met each need without partiality or codependency.

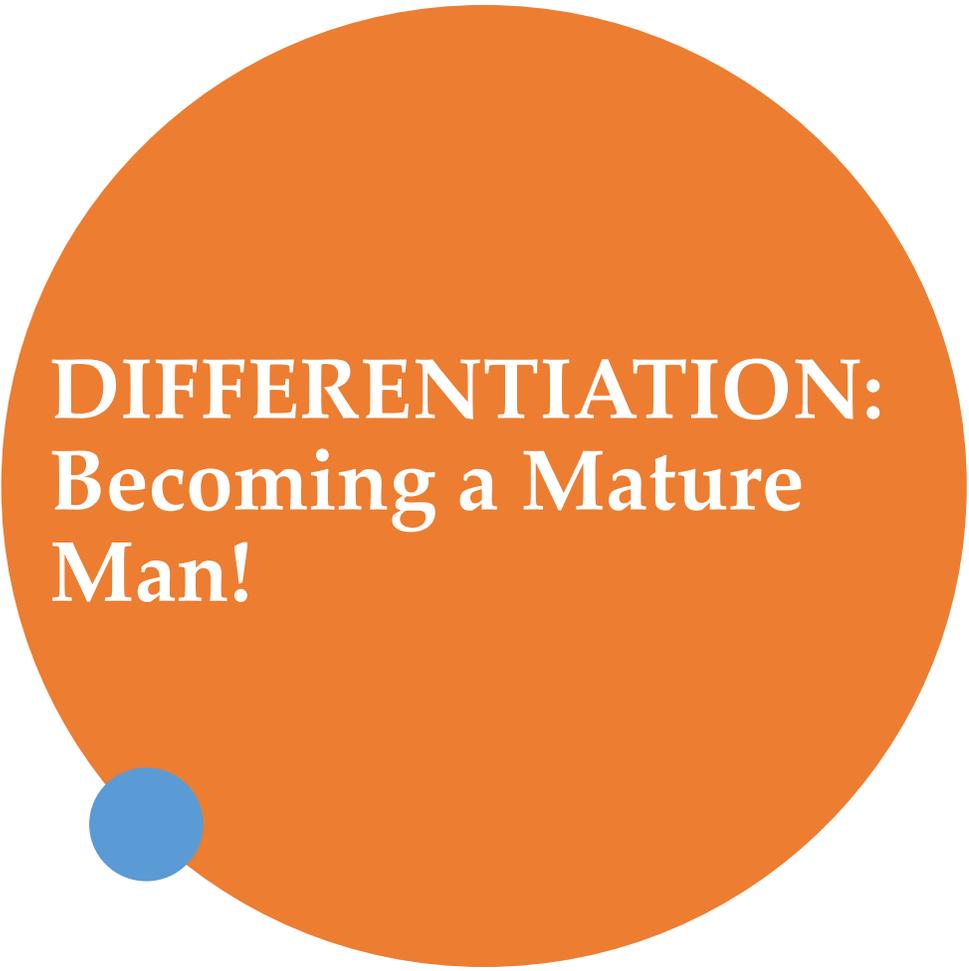


8 MAIN FAMILIES OF EMOTIONS

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

YOUR FAMILY SHAPED YOU!

1. **NOT EMOTIONALLY NEUTRAL** → 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. **SHAPED BY YOUR HOME** → Some of you grew up in: Explosive Homes, Silent Homes, Religious Homes with no vulnerability, Homes where performance earned love.
3. **ADAPTED** → You became the Achiever ... the Peacemaker ... the Invisible One ... the Funny One, the Tough One.
4. **TRUTH** → What helped you survive childhood ..., may be sabotaging your adulthood. Growing up means examining the Family Scripts.



**DIFFERENTIATION:
Becoming a Mature
Man!**

1. **DIFFERENTIATION** → 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. **EMOTIONALLY IMMATURE MEN** → React quickly, withdraw quickly, dominate quickly, and need approval constantly.
3. **EMOTIONALLY MATURE MEN** → Stay steady under pressure, speak calmly, hold boundaries, and remain present.

THE GOSPEL OF AUTHENTICITY!

1. **TRANSFORMATION** → Being known by God as the Beloved son. The False Self fears exposure. The True Self welcomes light.
2. **BECOMING WHOLE** → 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. **TELL THE TRUTH** → Accept the invitation! Tell the truth about your anger, your fear, your 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!"

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?

