

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

GRIEF

TRUST

TRUST

STRESS

HOPE

STRESS

ANXIETY

JEALOUSY

ANXIETY

TRUST

GUILT

CONFIDENCE

REGRET

PEACE

FRUSTRATION

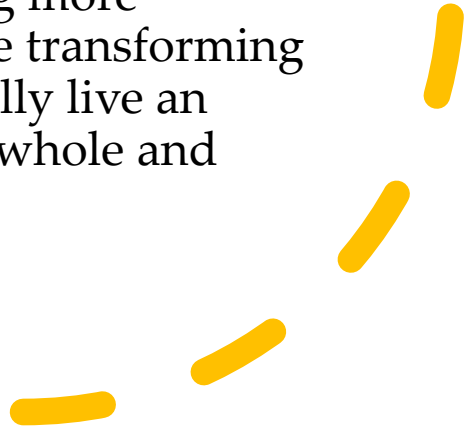
LONELY



TIME TO GROW UP – The Antidote – Do you want to Grow Up?

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

1. SELF AWARE → Jesus stayed sensitive to His emotional responses and physical strength.
2. SEPARATE, BUT CONNECTED → Balanced in His care for others without depleting His reserves.
3. FOCUSED ON MISSION → Stayed sensitive to His commitment of doing God's



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. Emotional Health
2. Contemplative Spirituality

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 BEAST YESTERDAY** → 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. **THE BEAST TODAY** → 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

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

Contemplative Spirituality Defined

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

Emotional Immaturity Emotional Maturity

1. Fear
2. Anger/Reactivity
3. Shame
4. Insecurity
5. Control
6. Defensiveness
7. Resentment
8. Isolation
9. Impulsivity
10. Avoidance

1. Courage
2. Gentleness
3. Grace
4. Security
5. Trust
6. Teachability
7. Forgiveness
8. Connection
9. Self-Control
10. 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?

