

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

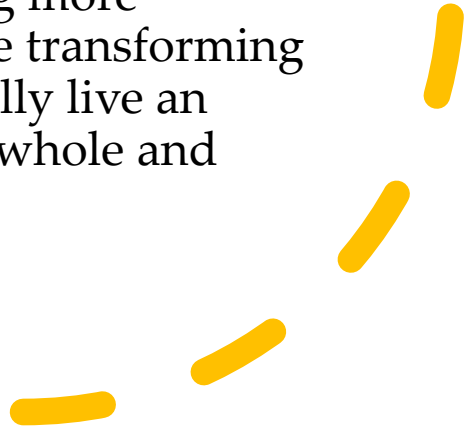
LONELY



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

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

1. PATIENCE → Jesus did what was right and suffered for it. He patiently walked through the suffering.
2. NO SHAME → Jesus knew that His suffering was not His fault. He was obedient to God's will.
3. SUBMITTED TO GOD → 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. Emotional Health
2. Contemplative Spirituality

Together these two unleash a revolution in our lives.



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.

JOINING THE TWO TOGETHER

1. **LOVE GOD** → 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. **LOVING OTHERS** → 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.
3. **3 GIFTS OF INTEGRATION** → 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. **MODEL OF DAVID** → 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

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

