

# 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

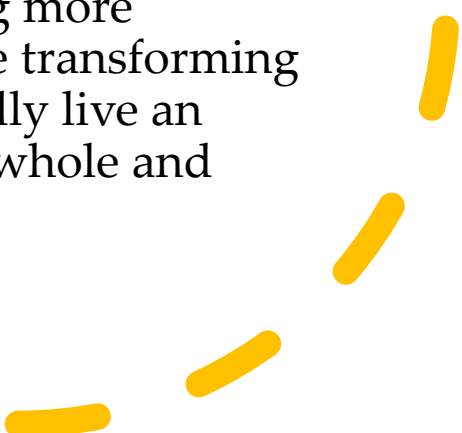
LONELY



# TIME TO GROW UP – Top Ten Symptoms of Emotionally Unhealthy Spirituality – 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 a Healthy Fear for God's Authority – Hebrews 5:7-10.

Jesus behavior shows us how we can revere God and His authority while walking through life.

1. **Submitted** → Jesus submitted to God's authority. He did not seek position or status or power.
2. **Expressed His Emotions** → He did not deny feelings—with strong crying Jesus talked to the Father.
3. **Trusted God** → Jesus trusted God's sovereignty and wisdom. He received power from God.



# Emotionally Unhealthy Spirituality

## – One by One!

1. **SPIRITUAL DISTRACTION** → Using God to Run from God. “I stay busy for God so I don’t have to be honest with God.”
2. **EMOTIONAL DENIAL** → Ignoring Anger, Sadness, and Fear. “If I don’t name it, I don’t have to face it.”
3. **FALSE SELF-CRUCIFIXION** → Dying to the Wrong Things. “I kill the good parts of me instead of the sinful parts.”
4. **UNFINISHED BUSINESS** → Denying the Past’s Impact on the Present. “What I won’t grieve, I will repeat.”
5. **COMPARTMENTALIZED FAITH** → Dividing Life into Sacred and Secular. “God gets my church life, not my real life.”

# Emotionally Unhealthy Spirituality

## – One by One!

6. **PERFORMANCE SPIRITUALITY** → Doing for God Instead of Being with God. “I confuse productivity with intimacy.” Matthew 5:8.
7. **HOLY AVOIDANCE** → Spiritualizing Away Conflict. “I call it spiritual—but it’s really fear.”
8. **IMAGE MANAGEMENT** → Covering Brokenness, Weakness, and Failure. “I protect my reputation at the cost of my healing.” Psalm 51:17. II Corinthians 12:7-10. We are ALL deeply flawed and broken!
9. **BOUNDARY BLINDNESS** → Living Without Limits. “I call it sacrifice, but it’s actually self-neglect.”
10. **COMPARATIVE RIGHTEOUSNESS** → Judging Other People’s Spiritual Journey. “I feel secure by measuring myself against others.” Matthew 7:1-5.

# 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. Where do you say “I’ll pray about it” instead of having the hard conversation?
2. What image do you feel pressure to protect in this group, church, or family?
3. What boundary have you been afraid to set—and why?

