



**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!

**EMBRACING LOSS – The Journey Through Grief & Loss**

**Highland Colony Men’s Roundtable**

[www.MensTable.com](http://www.MensTable.com)

April 02, 2026

**Scripture:** John 11:25-39; Job 42:10-17; John 12:24, 25; John 14:23, 24

**Music:** Brad Paisley - Whiskey Lullaby ft. Alison Krauss - [https://www.youtube.com/watch?v=IZbN\\_nmxAGk](https://www.youtube.com/watch?v=IZbN_nmxAGk)

**Videos:** Final improbable sequence in UConn's comeback win over Duke – <https://www.youtube.com/watch?v=nWfmFK3lsag>

Cayden Boozer after Duke's Elite Eight loss - <https://www.youtube.com/shorts/4K1ipvsQvlg>

Cameron Boozer speaks after Duke’s loss in the Elite Eight - <https://www.youtube.com/shorts/SA5XluuaHaA>

**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 Deeply Moved During Time of Loss – John 11:25-39.**

1. \_\_\_\_\_ → Jesus observed and evaluated the situation.
2. \_\_\_\_\_ → Jesus expressed a strong agitation of mind and emotion without shame.
3. \_\_\_\_\_ → Jesus demonstrated the importance of responding to others with sincerity during times of loss.

**Self-Knowledge & Transformation are Gained through the Reality of Facing our Pain. However, Defensive Maneuvers Protect Us from Pain.**

1. \_\_\_\_\_ → Selective Forgetting - Refuse to Acknowledge.
2. \_\_\_\_\_ → Less serious that it is.
3. \_\_\_\_\_ → Deny responsibility and project.
4. \_\_\_\_\_ → Inwardly take on the fault.
5. \_\_\_\_\_ → Offer excuses, justifications, alibis to provide an inaccurate explanation.
6. \_\_\_\_\_ → Give analysis, theories, and generalities to avoid personal awareness and difficult feelings.
7. \_\_\_\_\_ → Change the subject or use humor to avoid the pain.
8. \_\_\_\_\_ → Angry, Reactivity, and Irritable are used to protect us.

**GOD’S MODEL OF GRIEVING – The Life of Job: PATHWAY TO NEW BEGINNINGS**

1. \_\_\_\_\_ → Job’s misery lasted for several months, maybe even years. What we do know is that he paid attention to both God and himself, choosing to enter the confusion of his circumstances.
2. \_\_\_\_\_ → Resist easy answers and “Christian false beliefs.”
3. \_\_\_\_\_ → Humbly accept what we cannot control.
4. \_\_\_\_\_ → Become a broken and changed man.
5. \_\_\_\_\_ → The Death of the Old Self.

**BLESSED BY GRIEVE!**

1. \_\_\_\_\_ → Not just letting go, but also letting it bless you! We can’t get it back ... but we can experience something new, we can be blessed. (See Job 42:10-17).
2. \_\_\_\_\_ → The message of Christ is that suffering and death bring resurrection and transformation. (See John 12:24).
3. \_\_\_\_\_ → We move from “Give me” to an intimate, loving relationship characterized by intimacy with God. (See John 14:23).



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**Men’s Roundtable**



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**ACTION: Journal This!**

1. What loss do you need to grieve right now?
2. How loss have you been avoiding?
3. What would it look like to bring your loss honestly before God?

**Scripture – The Message**

**John 11:25-39** - <sup>25-26</sup>“You don’t have to wait for the End. I am, right now, Resurrection and Life. The one who believes in me, even though he or she dies, will live. And everyone who lives believing in me does not ultimately die at all. Do you believe this?” <sup>27</sup>“Yes, Master. All along I have believed that you are the Messiah, the Son of God who comes into the world.” <sup>28</sup>After saying this, she went to her sister Mary and whispered in her ear, “The Teacher is here and is asking for you.” <sup>29-32</sup>The moment she heard that, she jumped up and ran out to him. Jesus had not yet entered the town but was still at the place where Martha had met him. When her sympathizing Jewish friends saw Mary run off, they followed her, thinking she was on her way to the tomb to weep there. Mary came to where Jesus was waiting and fell at his feet, saying, “Master, if only you had been here, my brother would not have died.” <sup>33-34</sup>When Jesus saw her sobbing and the Jews with her sobbing, a deep anger welled up within him. He said, “Where did you put him?” <sup>34-35</sup>“Master, come and see,” they said. Now Jesus wept. <sup>36</sup>The Jews said, “Look how deeply he loved him.” <sup>37</sup>Others among them said, “Well, if he loved him so much, why didn’t he do something to keep him from dying? After all, he opened the eyes of a blind man.” <sup>38-39</sup>Then Jesus, the anger again welling up within him, arrived at the tomb. It was a simple cave in the hillside with a slab of stone laid against it. Jesus said, “Remove the stone.” The sister of the dead man, Martha, said, “Master, by this time there’s a stench. He’s been dead four days!”

**Job 42:10-17** - <sup>10-11</sup>After Job had interceded for his friends, God restored his fortune—and then doubled it! All his brothers and sisters and friends came to his house and celebrated. They told him how sorry they were, and consoled him for all the trouble God had brought him. Each of them brought generous housewarming gifts. <sup>12-15</sup>God blessed Job’s later life even more than his earlier life. He ended up with fourteen thousand sheep, six thousand camels, one thousand teams of oxen, and one thousand donkeys. He also had seven sons and three daughters. He named the first daughter Dove, the second, Cinnamon, and the third, Darkeyes. There was not a woman in that country as beautiful as Job’s daughters. Their father treated them as equals with their brothers, providing the same inheritance. <sup>16-17</sup>Job lived on another 140 years, living to see his children and grandchildren—four generations of them! Then he died—an old man, a full life.

**John 12:24, 25** - <sup>24-25</sup>“Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it destroys that life. But if you let it go, reckless in your love, you’ll have it forever, real and eternal.

**John 14:23, 24** - <sup>23-24</sup>“Because a loveless world,” said Jesus, “is a sightless world. If anyone loves me, he will carefully keep my word and my Father will love him—we’ll move right into the neighborhood! Not loving me means not keeping my words. The message you are hearing isn’t mine. It’s the message of the Father who sent me.

**“Whiskey Lullaby” by Brad Pailey ft. Allison Krauss**

She put him out, like the burnin' end of a midnight cigarette  
She broke his heart, he spent his whole life tryin' to forget  
We watched him drink his pain away a little at a time  
But he never could get drunk enough to get her off his mind  
Until the night  
He put that bottle to his head and pulled the trigger  
And finally drank away her memory  
Life is short, but this time it was bigger  
Than the strength he had to get up off his knees  
We found him with his face down in the pillow  
With a note that said, "I'll love her 'til I die"  
And when we buried him beneath the willow  
The angels sang a whiskey lullaby  
La, la, la, la, la, la, la, la  
La, la, la, la, la, la, la, la

The rumors flew, but nobody knew how much she blamed herself  
For years and years she tried to hide the whiskey on her breath  
She finally drank her pain away a little at a time  
But she never could get drunk enough to get him off her mind  
Until the night  
She put that bottle to her head and pulled the trigger  
And finally drank away his memory  
Life is short, but this time it was bigger  
Than the strength she had to get up off her knees  
We found her with her face down in the pillow  
Clinging to his picture for dear life  
We laid her next to him beneath the willow  
While the angels sang a whiskey lullaby  
La, la, la, la, la, la, la, la  
La, la, la, la, la, la, la, la

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