



**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!

**Breaking the Power of the Past.**

**Highland Colony Men’s Roundtable**

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

March 05, 2026

**Scripture:** Hebrews 4:14-16; Exodus 20:3-6; Ephesians 4:31-32

**Music:** Matt Gorman - Jack, Me and Jesus - <https://www.youtube.com/watch?v=6cycE3BKkKw>

**Videos:** The Speech' - Secondhand Lions - <https://www.youtube.com/watch?v=y1-KbmlagFw>

**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 Sympathy for Those Moving Through Trials – Hebrews 4:14-16.**

1. \_\_\_\_\_ → Jesus modeled feeling for and with another in difficult times. He does not excuse sin. But He understands our weaknesses in the face of Satan’s attacks.
2. \_\_\_\_\_ → Jesus understands our weaknesses and sympathizes with us.
3. \_\_\_\_\_ → Jesus showed us how to resist Satan’s temptations.

**HIDDEN ROOTS BENEATH THE SURFACE – THE BAGGAGE FROM OUR PAST!**

1. Unresolved \_\_\_\_\_.
2. Unspoken \_\_\_\_\_.
3. Family \_\_\_\_\_.
4. Silent \_\_\_\_\_.
5. Generational \_\_\_\_\_.

**UNDERSTAND CORE ISSUES ABOUT THE PAST**

1. \_\_\_\_\_ → You cannot grow beyond what you are unaware of. See Exodus 20:5, 6 – Generational patterns. What emotional patterns did you inherit that still show up today?
2. \_\_\_\_\_ → We repeat what we do not repair. Signs of Emotional Immaturity: Blaming, Defensiveness, Avoidance, People-pleasing, and Emotional cutoff. Freedom is not automatic. It requires courage. Galatians 5:1 – “... for freedom Christ set us free.”
3. \_\_\_\_\_ → We must feel to heal. Feelings are not sinful; they are signals. Emotional maturity processes emotion in the presence of God.
4. \_\_\_\_\_ → Forgiveness and grieving are required. Name the wound, grieve what never was, and release unrealistic expectations. You cannot forgive what you refuse to grieve. Ephesians 4:31-32.

**BREAK THE CYCLE: SPIRITUAL GROWTH REQUIRES EMOTIONAL EXCAVATION.**

1. IDENTIFY THE \_\_\_\_\_.
2. FEEL THE \_\_\_\_\_.
3. GRIEVE THE \_\_\_\_\_.
4. \_\_\_\_\_ THE OFFENSE.
5. CHOOSE A \_\_\_\_\_.



Sign in to this Thursday’s  
**Men’s Roundtable**



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**Men’s Coaching Weekend!**

**ACTION: Journal This!**

1. What emotional patterns did you inherit from your family?
2. Where do you still react like a wounded boy instead of a mature man?
3. What would emotional maturity look like in your marriage or friendships?

**Scripture – The Message**

<p><b>Hebrews 4:14-16 - 14</b> Now that we know what we have - Jesus, this great High Priest with ready access to God - let's not let it slip through our fingers. <b>15</b> We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all - all but the sin. <b>16</b> So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help.</p> <p><b>Exodus 20:3-6 - 3</b> No other gods, only me. <b>4</b> No carved gods of any size, shape, or form of anything whatever, whether of things that fly or walk or swim. <b>5</b> Don't bow down to them and don't serve them because I am God,</p>	<p>your God, and I'm a most jealous God, punishing the children for any sins their parents pass on to them to the third, and yes, even to the fourth generation of those who hate me. <b>6</b> But I'm unwaveringly loyal to the thousands who love me and keep my commandments.</p> <p><b>Ephesians 4:31-32 - 31</b> Make a clean break with all cutting, backbiting, profane talk. <b>32</b> Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.</p>
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**“Jack, Me & Jesus” by Matt Gorman**

<p>I was a fighter In the dark Good at hidin My scars Been a knife in the back And a train off the tracks There Wasn't much I couldn't lose I was a heathen Of sorts Half believer Off course Little back slide Try to hide Hard to find Mama cried more than I'd like to admit Cause I was stuck between Jack, Me and Jesus One lets me down one picks me up One keeps falling victim of That devil on my shoulder And that whiskey in my holster</p>	<p>Ready to shoot at any given time There's a battlefield burnin down in my mind Between Jack, Me and JesusI met a preacher And he taught me Bout Forgiveness Over coffee He said God don't run You don't gotta chase em down Just let him in your heart You already been found But somehow I'm still stuck between Jack, Me and Jesus One lets me down one picks me up One keeps falling victim of That devil on my shoulder And that whiskey in my holster Ready to shoot at any given time</p>	<p>There's a battlefield burnin down in my mind Between Jack, Me and Jesus Yeah Half hallelujah Half hands up in a pew Half empty glass Half burn and crash Half don't know what to do Between Jack, Me and Jesus One lets me down one picks me up One keeps falling victim of That devil on my shoulder And that whiskey in my holster Ready to shoot at any given time There's a battlefield burnin down in my mind Between Jack, Me and Jesus</p>
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