



**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.**

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March 12, 2026

**Highland Colony Men’s Roundtable**

**Scripture:** John 3:1-16

**Music:** Red Clay Strays - Wanna Be Loved - <https://www.youtube.com/watch?v=tKSRUjwMLxk>

**Videos:** Teaching With The Chosen: Jesus and Nicodemus at Night, John 3:1-16 - <https://www.youtube.com/watch?v=EDglwQvwQ6c>

Lauren Daigle - Then I Will - <https://www.youtube.com/watch?v=kKBQrWWX570>

Resources: **Book: *Emotionally Healthy Spirituality*** by Peter Scazzero. (EHS)

**Book: *Emotional Wholeness – Connecting with the Emotions of Jesus*** by Dick and Jane Mohline. (EW)

**Time to Grow Up**

You cannot be spiritually mature while remaining emotionally \_\_\_\_\_.

Emotions must come under the \_\_\_\_\_ of Jesus.

This series is about emotional \_\_\_\_\_.

**What Is Emotional Maturity (EQ)?**

Emotional maturity reflects the character of \_\_\_\_\_.

It is the \_\_\_\_\_ of emotion.

**Biblical Foundation — “Heart = Emotion”**

Cain & Abel - Yetzer \_\_\_\_\_

Yetzer \_\_\_\_\_

“Kabed” means \_\_\_\_\_, & \_\_\_\_\_

Joseph: God helped him \_\_\_\_\_ his pain.

The OT is full of relational \_\_\_\_\_.

Jesus on Maturity, Growth, and Truth

Jesus speaks about maturity, process, growth, and \_\_\_\_\_.

Good mental health = living in \_\_\_\_\_.

Nicodemus shows knowledge without \_\_\_\_\_ is not transformation.

**Three Goals of the Christian Journey**

1. Become a Great Lover — Love is well \_\_\_\_\_.
2. Become Whole & Holy — Wholeness + holiness = \_\_\_\_\_.
3. Become My True Self in Christ — Recovery = recovering the \_\_\_\_\_ God intended.

Emotional Infants	Emotional Child
Look for others to take care of _____.	Unravel under stress, disappointment, or _____.
Driven by instant _____.	Interpret disagreements as personal _____.
Use others as _____.	Become _____, manipulative, withdrawn, or vengeful.

Emotional Adolescents	Emotional Adult
Threatened by _____.	Ask clearly for what they _____.
Keep _____.	Take responsibility for their _____.
Deal with conflict by _____ or appeasing.	Respect others without trying to _____ them.
	Give people room to make _____.
	Resolve conflict _____.



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



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**Men’s Coaching Weekend!**

**ACTION: Journal This!**

1. What are you angry about?
2. What are you sad about?
3. What are you glad about?
4. What are you fearful about?

**Scripture – The Message**

**John 3:1-16 - 1** There was a man of the Pharisee sect, Nicodemus, a prominent leader among the Jews. **2** Late one night he visited Jesus and said, "Rabbi, we all know you're a teacher straight from God. No one could do all the God-pointing, God-revealing acts you do if God weren't in on it." **3** Jesus said, "You're absolutely right. Take it from me: Unless a person is born from above, it's not possible to see what I'm pointing to - to God's kingdom." **4** "How can anyone," said Nicodemus, "be born who has already been born and grown up? You can't re-enter your mother's womb and be born again. What are you saying with this 'born-from-above' talk?" **5** Jesus said, "You're not listening. Let me say it again. Unless a person submits to this original creation - the 'wind hovering over the water' creation, the invisible moving the visible, a baptism into a new life - it's not possible to enter God's kingdom." **6** When you look at a baby, it's just that: a body you can look at and touch. But the person who takes shape within is formed by something you can't see and touch - the Spirit - and becomes a living spirit. **7** "So don't be so surprised when I tell you that you have to be 'born from above' - out of this world, so to speak. **8** You know well enough how the wind blows this way and that. You hear it rustling through the trees, but you have no idea where it comes from or where it's headed next. That's the way it is with everyone 'born from above' by the wind of God, the Spirit of God." **9** Nicodemus asked, "What do you mean by this? How does this happen?" **10** Jesus said, "You're a respected teacher of Israel and you don't know these basics?" **11** Listen carefully. I'm speaking sober truth to you. I speak only of what I know by experience; I give witness only to what I have seen with my own eyes. There is nothing secondhand here, no hearsay. Yet instead of facing the evidence and accepting it, you procrastinate with questions. **12** If I tell you things that are plain as the hand before your face and you don't believe me, what use is there in telling you of things you can't see, the things of God? **13** "No one has ever gone up into the presence of God except the One who came down from that Presence, the Son of Man. **14** In the same way that Moses lifted the serpent in the desert so people could have something to see and then believe, it is necessary for the Son of Man to be lifted up - **15** and everyone who looks up to him, trusting and expectant, will gain a real life, eternal life. **16** "This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life.

**"Wanna Be Loved" by Red Clay Strays**

<p>Everybody's waiting for a break Like fast cars and freedom Everybody wants the same old things Tell me, what will it bring? My friend, I'm tired of being this way I'm tired of running astray Oh, God, I need to know You're still above I just wanna be loved I just wanna be loved Can you tell me I'm worthy or important? Am I working hard enough? Oh, I just wanna be loved I just wanna be loved They say that faith can move a mountain</p>	<p>But I'm built for the climb So tell me, am I faithful or just too stubborn? Tell me, what will I find At the peak, at the top, at the end of the line? And at the end of my life Oh, tell me how my climb will be judged I just wanna be loved I just wanna be loved Can you tell me I'm worthy or important? Am I working hard enough? Oh, I just wanna be loved I just wanna be loved</p>	<p>I've been afraid And I've been alone Sometimes I need someone to pick up the phone I'm tired of leaving I need a home Oh, I just wanna be loved I just wanna be loved Can you tell me I'm worthy or important? Am I working hard enough? Oh, I just wanna be loved I just wanna be loved And I want someone to want me I want somebody there</p>
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