



**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 19, 2026

**Highland Colony Men’s Roundtable**

**Scripture:** Mark 12:38-43; Mark 27:41; Mark 28:2

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

**Videos:** The \*BEST\* 3 minutes of preaching I have EVER seen - <https://www.youtube.com/shorts/sPi58Oe40YI>

**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 – NIV**

**Mark 12:38-43 - 38** As he taught, Jesus said, “Watch out for the teachers of the law. They like to walk around in flowing robes and be greeted with respect in the marketplaces,**39** and have the most important seats in the synagogues and the places of honor at banquets.**40** They devour widows’ houses and for a show make lengthy prayers. These men will be punished most severely.”**41** Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts.**42** But a poor widow came and put in two very small copper coins, worth only a few cents.**43** Calling his disciples to him, Jesus said, “Truly I tell you, this poor widow has put more into the treasury than all the others.

**Acts 27:41-28:2 - 41** But the ship struck a sandbar and ran aground. The bow stuck fast and would not move, and the stern was broken to pieces by the pounding of the surf.**42** The soldiers planned to kill the prisoners to prevent any of them from swimming away and escaping.**43** But the centurion wanted to spare Paul’s life and kept them from carrying out their plan. He ordered those who could swim to jump overboard first and get to land.**44** The rest were to get there on planks or on other pieces of the ship. In this way everyone reached land safely. **1** Once safely on shore, we found out that the island was called Malta.**2** The islanders showed us unusual kindness. They built a fire and welcomed us all because it was raining and cold.

**“Then I Will” by Lauren Daigle**

<p>What we have here within our hearts Is so much stronger than the dark What would we fear when the light Is so much greater than the night? If it's for me to die for love, then I will Then I will If we just speak, will we be heard? Or is there silence to our words? If mercy moves, why would we wait Until the time comes, and it's too late If it's for me to die for love, then I will (I will) Oh, yes, I will (I will) Lord knows I will (I will)</p>	<p>Oh, yes, I will, Lord I'll surrender everything All for Your will Abandon every part of me All for Your will No matter what the cost may be If it's for me to die for love If it's for me to die for love If it's for me to die for love, then I will What we have here within our hearts Is so much stronger than the dark Oh, yes, I will, Lord (I will) Ooh, yes, I will</p>	<p>(I will) Oh-oh, I will, yeah (I will) Oh, yes, I will (I will) I will move (I will) I will stand strong (I will) Oh, yes, I will, Lord (I will) Help me believe it (I will) Lord, yes, I will, Lord (I will) Oh, help me, Jesus (I will) Oh, if it's for me (I will) Yes, I will (I will) Oh, yes, I will, Lord (I will) Help me believe it (I will) If it's for me to die for love Then I will</p>
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