



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!

HITTING THE WALL: Letting Go of Power & Control

www.MensTable.com

March 26, 2026

Highland Colony Men’s Roundtable

Scripture: Mark 14:32-36; 1 John 4:18; 1 Corinthians 7:29-31

Music: Casting Crowns – Just Be Held – <https://www.youtube.com/watch?v=a7yFLqLAZNA>

Videos: What AGT didn’t tell you about Archie Williams - <https://www.youtube.com/watch?v=Z-IRVS9DNK0>

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 Amazed in Dealing with Life’s Dilemmas – Mark 14:32-36

1. _____ → Jesus chose to be vulnerable with His innermost feelings. He did not deny or rationalize His emotional struggle with His most difficult situation.
2. _____ → Jesus confronted the situation through concentrated prayer.
3. _____ → Jesus desired God’s will over His human will.

THE WALL: Stages of Faith – Mark 4:1-20

1. _____ → We realize our need for mercy and begin our relationship with Him.
2. _____ → Learn about God and what it means to be a follower of Christ. We become part of Community.
3. _____ → We get involved, actively working for God, serving Him and His people.
4. _____ → Doing the intense work of inward healing to go through the Wall.
5. _____ → Move outward focus to give out of a new, grounded center of ourselves in God.
6. _____ → Christ’s love becomes our love both toward God and others (1 John 4:18).

STUCK AT THE WALL – THE DARK NIGHT OF THE SOUL

1. _____ → We receive God’s gift of the dark night of the soul. This is the “ordinary way” we grow in Christ. We lose clarity, emotional certainty and control. It feels like God is silent. You are alone. Nothing is working. This is God’s way of rewriting and “purging our affections and passions” so we can enter into a fuller communion with Him.
2. _____ → Most men don’t go through the dark night... they **avoid it**. They medicate (work, success, addiction), blame others, numb out, or double down on control.



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Men’s Roundtable



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LIFE ON THE OTHER SIDE OF THE WALL

1. A Greater Level of _____ → A man who has been through the Wall has hit rock bottom, having been stripped of everything – No Judgment! (Matthew 5:3).
2. A Greater Appreciation for _____ → One of the great fruits of the Wall is a childlike, deepened love for mystery (Psalm 18:11).
3. A Deeper Ability to _____ → Going through the Wall breaks something deep in us—driving, grasping, fearful self-will that must produce, that must make something happen, that must get if done for God (just in case he doesn't).
4. A Greater _____ → We are to be marked by eternity, free from the dominating power of things (I Cor. 7:29-31).

LESSONS FROM THE WALL – A Final Word

1. May you have the courage... to _____.
2. May you have the honesty... to _____.
3. And may you discover... that what feels like the end... is actually the place where you finally _____.
4. May you be free to _____.

ACTION: Journal This!

1. Where have you hit "The Wall" in your life?
2. What do you do when God feels silent?
3. Where is God inviting you to trust Him ... not fix it?

Scripture – The Message

Mark 14: 32-36 They came to an area called Gethsemane. Jesus told his disciples, "Sit here while I pray." He took Peter, James, and John with him. He sank into a pit of suffocating darkness. He told them, "I feel bad enough right now to die. Stay here and keep vigil with me." Going a little ahead, he fell to the ground and prayed for a way out: "Papa, Father, you can—can't you?—get me out of this. Take this cup away from me. But please, not what I want—what do you want?"

1 John 4:17-18 God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we're free of worry on Judgment Day—our standing in the world is identical with Christ's.

There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.

1 Corinthians 29-31 I do want to point out, friends, that time is of the essence. There is no time to waste, so don't complicate your lives unnecessarily. Keep it simple—in marriage, grief, joy, whatever. Even in ordinary things—your daily routines of shopping, and so on. Deal as sparingly as possible with the things the world thrusts on you. This world as you see it is fading away.

"Just Be Held" – Casting Crowns

Hold it all together
Everybody needs you strong
But life hits you out of nowhere
And barely leaves you holding on

And when you're tired of fighting
Chained by your control
There's freedom in surrender
Lay it down and let it go

So when you're on your knees and
answers seem so far away
You're not alone, stop holding on and
just be held
Your world's not falling apart,
it's falling into place
I'm on the throne, stop holding on and
just be held
Just be held, just be held

If your eyes are on the storm
You'll wonder if I love you still
But if your eyes are on the cross
You'll know I always have and I always will

And not a tear is wasted
In time, you'll understand
I'm painting beauty with the ashes
Your life is in My hands

So when you're on your knees and
answers seem so far away
You're not alone, stop holding on and
just be held
Your world's not falling apart,
it's falling into place
I'm on the throne, stop holding on and
just be held
Just be held, just be held

Lift your hands, lift your eyes
In the storm is where you'll find Me
And where you are, I'll hold your heart
I'll hold your heart
Come to Me, find your rest
In the arms of the God who won't let go

So when you're on your knees and
answers seem so far away
You're not alone, stop holding on and
just be held
Your world's not falling apart,
it's falling into place
I'm on the throne, stop holding on and
just be held
Just be held, just be held

Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach

563 Johnson Avenue – Fairhope, Alabama 36532

Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org