

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

TRUST

GRIEF

TRUST

STRESS

HOPE

STRESS

TRUST

ANXIETY

JEALOUSY

ANXIETY

PEACE

GUILT

CONFIDENCE

REGRET

FRUSTRATION

LONELY



TIME TO GROW UP – BREAKING THE POWER OF THE PAST!

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!



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.

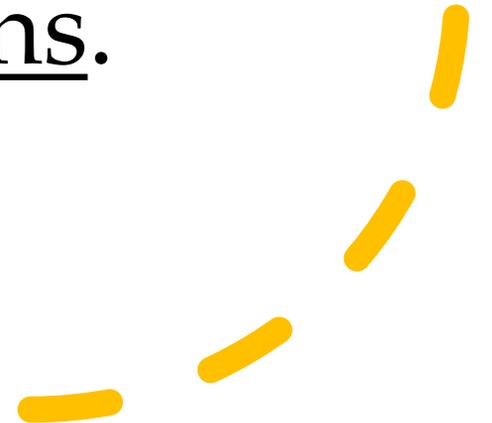
Connecting with the Emotions of Jesus: Jesus Felt Sympathy for Those Moving Through Trials – Hebrews 4:14-16.

1. NO EXCUSES → 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. FEELS WITH US → Jesus understands our weaknesses and sympathizes with us.
3. ALWAYS MAKES A WAY → Jesus showed us how to resist Satan's temptations.



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

1. Unresolved Grief.
2. Unspoken Anger.
3. Family Scripts.
4. Silent Loyalties.
5. Generational Patterns.



UNDERSTAND CORE ISSUES ABOUT THE PAST

1. **SEE IT TO LEAVE IT** → You cannot grow beyond what you are unaware of. See Exodus 20:3-6 – Generational patterns. What emotional patterns did you inherit that still show up today?
2. **STUCK IN THE PAST** → 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. **FEEL TO HEAL** → We must feel to heal. Feelings are not sinful; they are signals. Emotional maturity processes emotion in the presence of God.
4. **FORGIVE & GRIEVE** → 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 PATTERN.
 2. FEEL THE PAIN.
 3. GRIEVE THE LOSS.
 4. FORGIVE THE OFFENSE.
 5. CHOOSE A NEW RESPONSE.
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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?

