

# 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



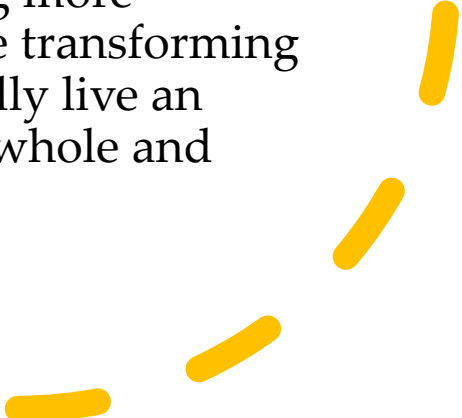
# TIME TO GROW UP

## EMBRACING LOSS

# The Journey Through Grief and Loss

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

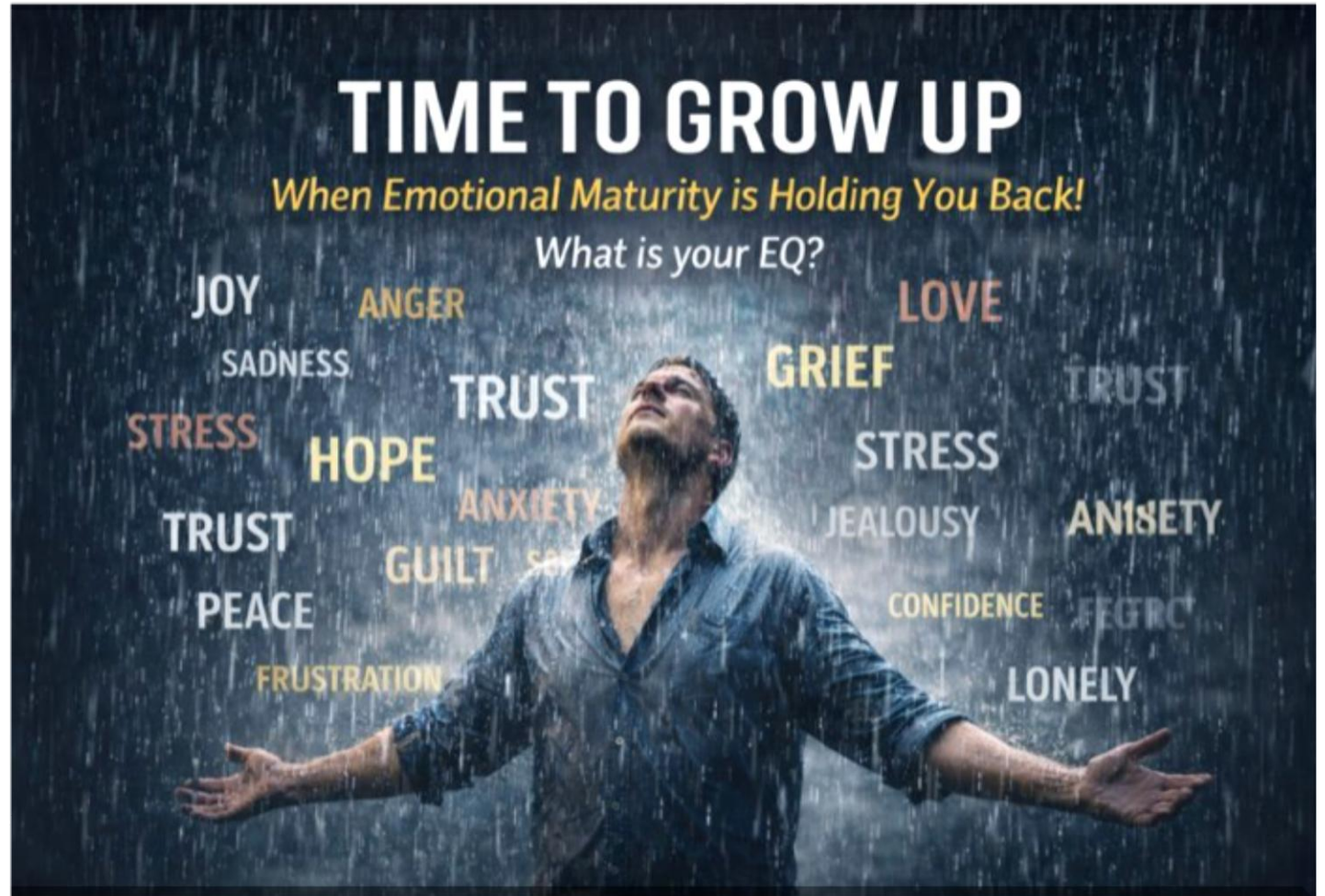
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1. Emotional maturity, in a Christian context, is the Spirit-led ability to understand, govern, and rightly express one's emotions in a way that reflects the character of Christ, honors God, and builds others up—especially under pressure, correction, 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 Deeply Moved During Time of Loss John 11:25-39

1. EMBRACED REALITY → Jesus observed and evaluated the situation.
2. RESPONDED WITH VULNERABILITY → Jesus expressed a strong agitation of mind and emotion without shame.
3. GENUINENESS → Jesus demonstrated the importance of responding to others with sincerity during times of loss.



Self-Knowledge  
& Transformation  
are Gained through  
the Reality of  
Facing our Pain.  
However,  
Defensive  
Maneuvers Protect  
Us from Pain.

1. Denial → Selective Forgetting - Refuse to Acknowledge.
2. Minimizing → Less serious than it is.
3. Blaming Others → Deny responsibility and project.
4. Blaming Ourselves → Inwardly take on the fault.
5. Rationalizing → Offer excuses, justifications, alibis to provide an inaccurate explanation.
6. Intellectualizing → Give analysis, theories, and generalities to avoid personal awareness and difficult feelings.
7. Distracting → Change the subject or use humor to avoid the pain.
8. Becoming Hostile → Angry, Reactivity, and Irritable are used to protect us.

# GOD'S MODEL OF GRIEVING

## The Life of Job: PATHWAY TO NEW BEGINNINGS

1. **PAY ATTENTION** → Job's misery lasted for several months, maybe even years. What we do know is that he paid attention to both God and himself, choosing to enter the confusion of his circumstances.
2. **WAIT IN THE CONFUSING IN-BETWEEN** → Resist easy answers and "Christian false beliefs."
3. **EMBRACE THE GIFT OF LIMITS** → Humbly accept what we cannot control.
4. **CLIMB THE LADDER OF HUMILITY** → Become a broken and changed man.
5. **LET THE OLD BIRTH THE NEW** → The Death of the Old Self.

# BLESSED BY GRIEVE!

1. GOOD GRIEVING → Not just letting go, but also letting it bless you! We can't get it back ... but we can experience something new, we can be blessed. (See Job 42:10-17).
2. JESUS → The message of Christ is that suffering and death bring resurrection and transformation. (See John 12:24).
3. CHANGED FOREVER → We move from "Give me" to an intimate, loving relationship characterized by intimacy with God. (See John 14:23).

# ACTION: Journal This!

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1. What loss do you need to grieve right now?
2. How loss have you been avoiding?
3. What would it look like to bring your loss honestly before God?

