

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

GRIEF

TRUST

TRUST

STRESS

HOPE

STRESS

TRUST

ANXIETY

JEALOUSY

ANXIETY

PEACE

GUILT

CONFIDENCE

FRUSTRATION

LONELY



TIME TO GROW UP – HITTING THE WALL: Letting GO of Power & Control!

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

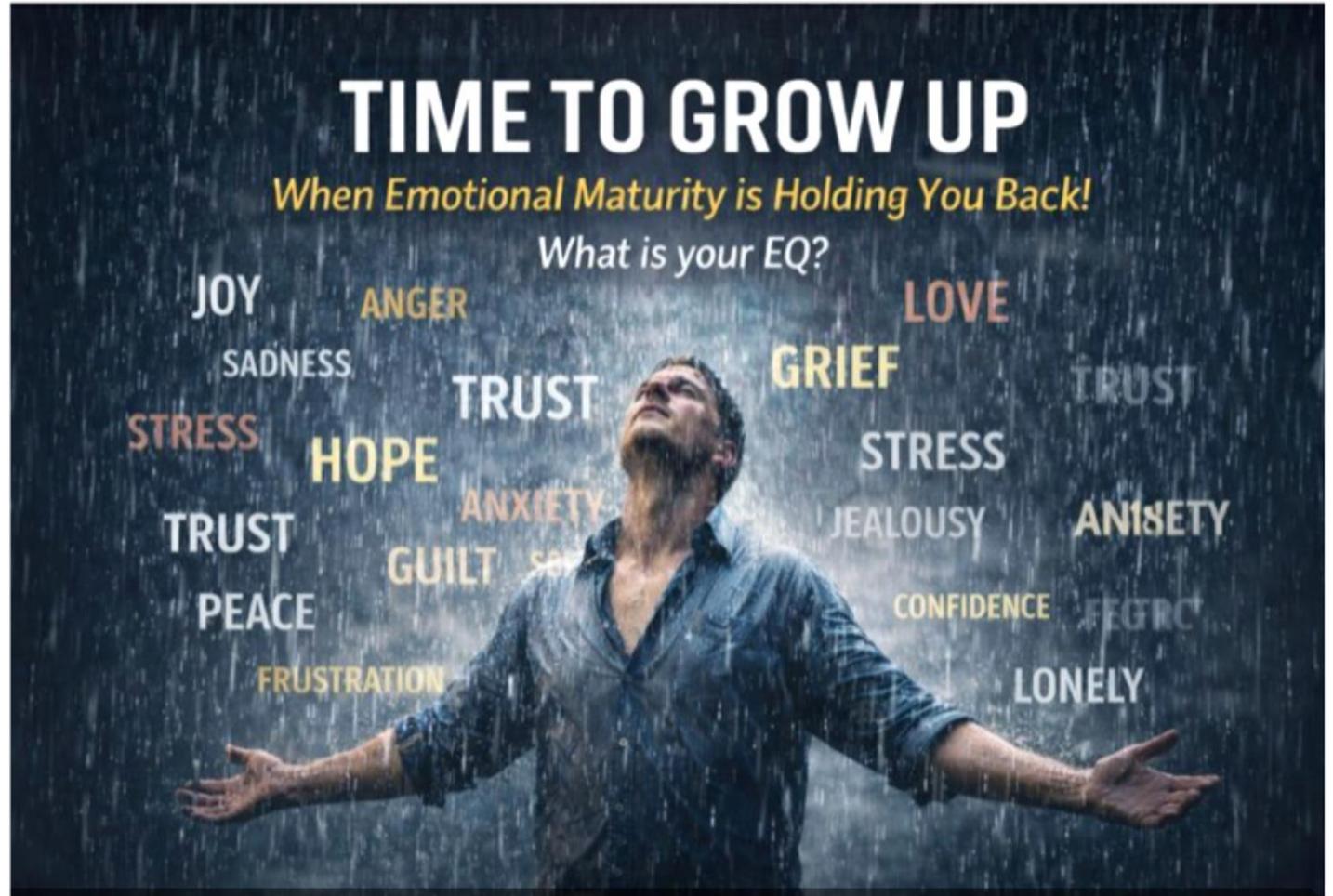


1. Emotional maturity, in a Christian context, is the Spirit-led ability to understand, govern, and rightly express one's emotions in a way that reflects the character of Christ, honors God, and builds others up—especially under pressure, correction, or conflict.
2. It is not the absence of emotion, but the mastery of emotion under the lordship of Jesus Christ.

Connecting with the Emotions of Jesus: Jesus Felt Amazed in Dealing with Life's Dilemmas

Mark 14:32-36

1. **EMBRACED VULNERABILITY** → Jesus chose to be vulnerable with His innermost feelings. He did not deny or rationalize His emotional struggle with His most difficult situation.
2. **FACED REALITY** → Jesus confronted the situation through concentrated prayer.
3. **SUBMITTED TO GOD** → Jesus desired God's will over His human will.



THE WALL: Stages of Faith

Mark 4:1-20

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

STUCK AT THE WALL – THE DARK NIGHT OF THE SOUL

1. **Becoming Free from Unhealthy Attachments and Addictions** → 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. **Staying in Slavery** → 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.

LIFE ON THE OTHER SIDE OF THE WALL

1. A Greater Level of **Brokenness** → 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 **Holy Unknowing** (Mystery) → One of the great fruits of the Wall is a childlike, deepened love for mystery (Psalm 18:11)
3. A Deeper Ability to **Wait for God** → 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 it done for God (just in case he doesn't).
4. A Greater **Detachment** → 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 lose control.
2. May you have the honesty...
to face the dark.
3. And may you discover...
that what feels like the end... is
actually the place where you
finally meet God as He truly
is.
4. May you be free to live a life of
undivided devotion to Jesus.

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?

