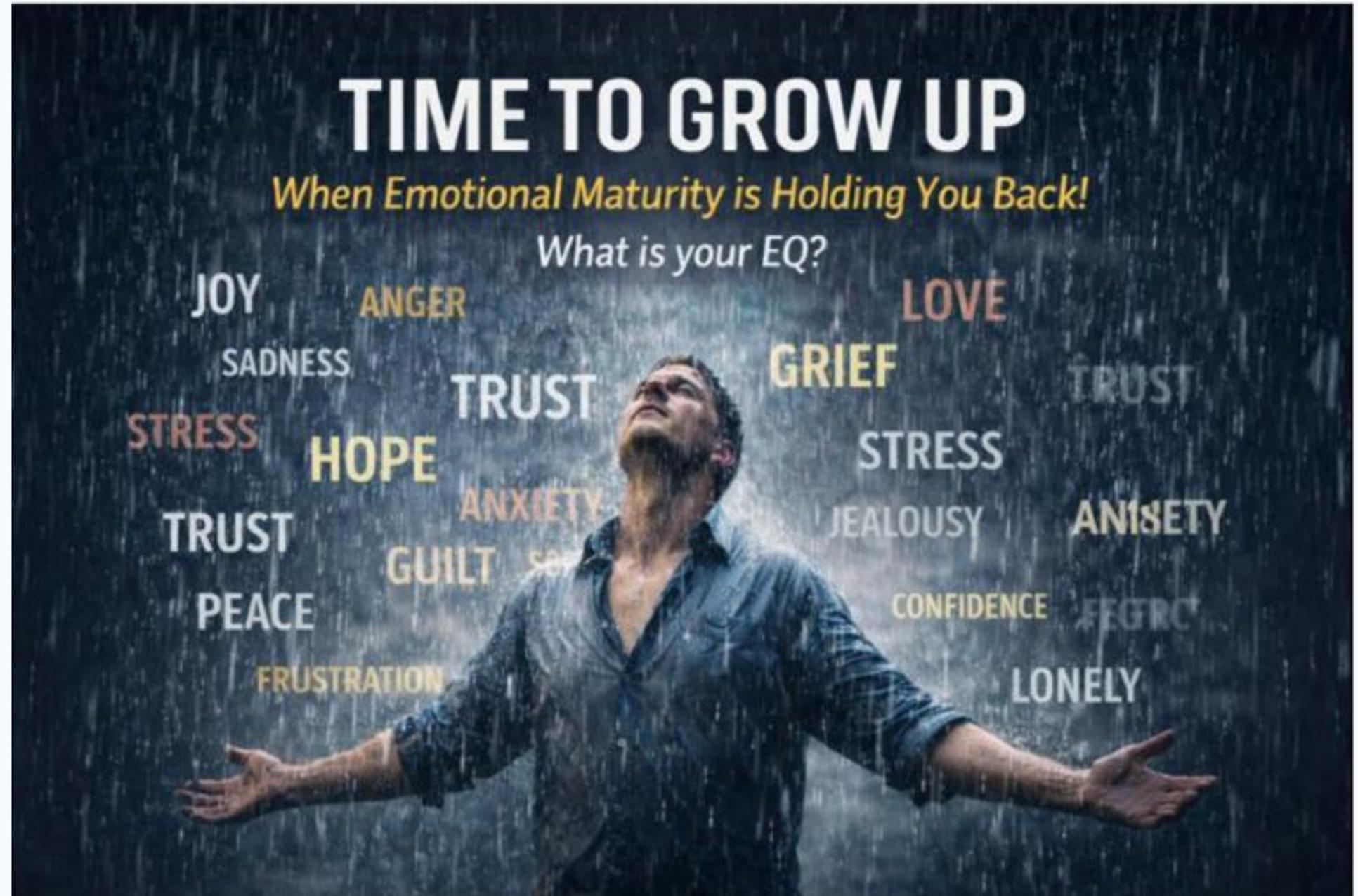


Roane Hunter

Men's Roundtable

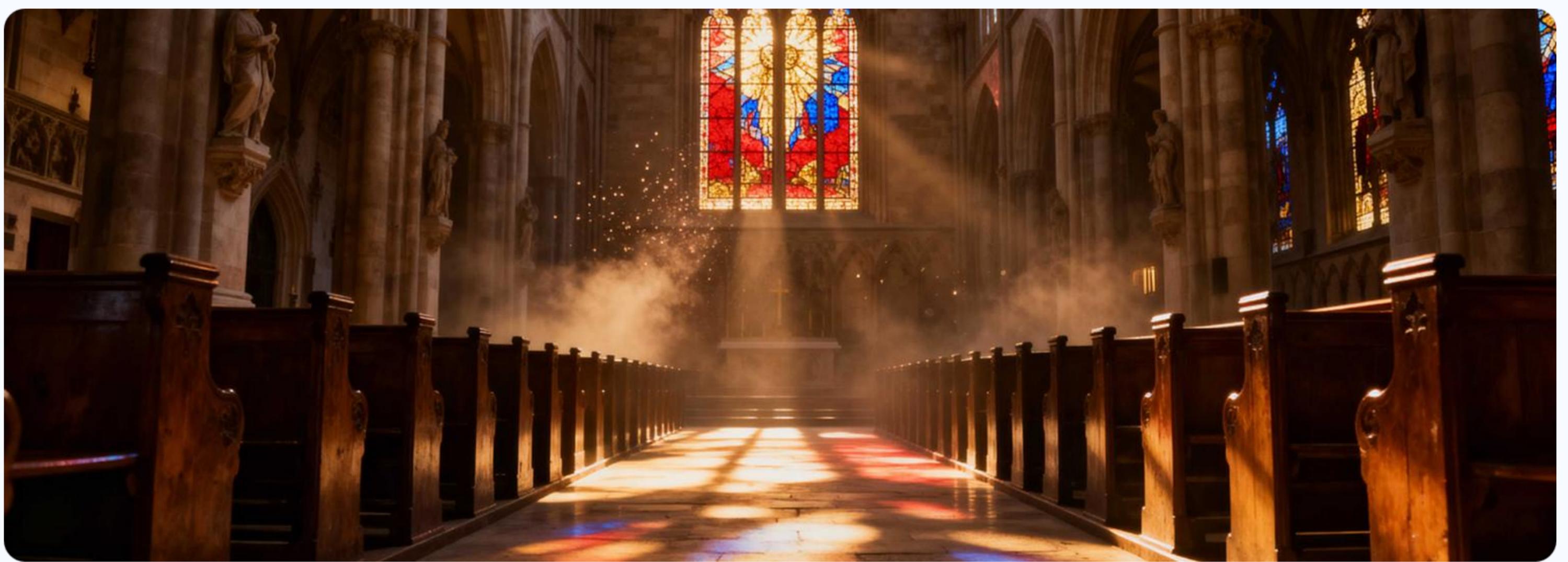
March 12, 2026



Introduction

Time to Grow Up

Breaking the Power of the Past and Embracing Spiritual Maturity



The Core Concept

Spiritual Maturity And Emotional Maturity They are not separable!

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. *Time to Grow Up* is 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.

Definition

A Christian Definition of EQ

Understanding Emotional Intelligence through the lens of faith

01

Spirit-led ability to [govern and express emotions](#) to honor God.

02

Reflecting the [character of Christ](#) under pressure and conflict.

03

Achieving [mastery of emotion](#) under the lordship of Jesus Christ.

04

Loving others well through [healthy emotional expression](#) and regulation.

Biblical Foundations of the Heart

How Scripture views our internal emotional world



The Conflict of Desire

Cain & Abel's Story

Yetzer Hara & Yetzer Hatov

Recognizing internal impulses and how we must master it!



Honor and Awareness

The Fifth Commandment:

Kabed

meaning honor and awareness
Joseph: Moving from pain to God-given peace and purpose



Patterns of Immaturity

Old Testament examples: Adam, Noah, and Moses - God consistently grows His people toward relational health

Jesus on Maturity and Truth

Finding freedom through spiritual and emotional reality

Truth as Freedom

Jesus teaches that the truth of learning and living His way sets us free from past bondages.



The New Birth

Confronting religious knowledge without spiritual transformation.

Living in Reality

Good mental, emotional, and spiritual health requires a relentless commitment to living in reality.

Three Goals of the Christian Journey

Striving toward wholeness and authenticity in Christ



Little Boys Masquerading as Men

Navigating the shift toward emotional maturity



Emotional Infants

- Look for others to take care of them
- Difficulty entering others' world
- Driven by instant gratification
- Use others as objects to meet needs

Emotional Child

- Content only when they get what they want
- Unravel under stress or disappointment
- Take disagreements personally - easily hurt
- Complain, withdraw, manipulate, take revenge, become sarcastic
- Struggle to calmly discuss needs in a mature way

Little Boys Masquerading as Men

Navigating the shift toward emotional maturity



Emotional Adolescents

- Defensive
- Threatened by criticism
- Keep score
- Poor conflict skills (blame, appease, triangulate, pout)
- Self-preoccupied
- Struggle to listen to others' pain
- Critical and judgmental

Emotional Adult

- Ask clearly and honestly for what they need
- Manage and take responsibility for their emotions
- Can state beliefs under stress without becoming adversarial
- Respect others without needing to change them
- Allow others to make mistakes
- Appreciate people for who they are
- Know their limits, strengths, weaknesses
- Enter others' emotional world without losing themselves



Conclusion

Start Your Transformation Journal This Every Day

1. What are you angry about?
2. What are you sad about?
3. What are you glad about?
4. What are you fearful about?