



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!

SABBATH REST – Breathing the Air of Eternity

Highland Colony Men’s Roundtable

www.MensTable.com

April 09, 2026

Scripture: John 4:6-10; John 19:28-30; Psalm 46:1-11

Music: I Surrender All | Country Gospel Worship Ballad - <https://www.youtube.com/watch?v=KJcCM0LdF5A>

Videos: Michael Keaton! - https://www.youtube.com/watch?v=80DY6UUOS_c

Michael Keaton Final Speech in Clean and Sober - <https://www.youtube.com/watch?v=k8NdT6xQigE>

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 Weary and Thirsty While Moving through Life – John 4:6-10; 19:28-30.

1. _____ → Jesus did not deny His physical needs. He acknowledged those needs to Himself, choosing to rest and ask for water.
2. _____ → Jesus did not put His physical needs before others’ spiritual needs.
3. _____ → Jesus did not hide His true self-identity even when it risked his safety with His enemies.

THE DAILY OFFICE: Stopping to be With God – 5 Elements. Psalm 46:1-11.

1. _____ → Stopping is the first battle. Because everything in you resists it. But stopping declares: “God is God ... and I am not.” Stopping is an act of surrender.
2. _____ → Centering is bringing your scattered self back to God. “God, here I am.” Name what’s inside you. Bring it to God. Stop pretending.
3. _____ → Most men struggle here! Silence exposes anxiety, anger, loneliness, and desire. But, it opens us to God’s voice. LISTEN!!!
4. _____ → Let the Bible master us. We receive. It’s not about getting through Scripture ... it’s about letting Scripture get through you.
5. _____ → Write it down!

THE SABBATH – A Whole Day to Remember God.

Sabbath Forms 4 Things in a Man:

1. _____ → “I stop working so hard ... and God still provides!”
2. _____ → “I am not what I produce!”
3. _____ → “My soul is not designed for constant output!”
4. _____ → “My life revolves around God ... not my schedule!”

SIT STILL – Let God Meet You There!

1. _____ → Busyness hides brokenness. If I keep moving, I don’t feel ... my fear, my grief, my inadequacy, etc. But emotional maturity requires facing what’s inside ... with God present.
2. _____ → If you want to grow up emotionally and spiritually ... you don’t start by doing more ... you start by STOPPING.
3. _____ → Formation happens in stillness. Sit still ... and let God meet you there.



Sign in to this Thursday’s
Men’s Roundtable



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Sign Up for
Men’s Coaching Weekend!

ACTION: Journal This!

1. How do you REST?
2. Where are you a slave to CONTROL?
3. What does "I will SURRENDER all" mean to you?

Scripture – The Message

John 4:6-10 - 6 Jacob's well was still there. Jesus, worn out by the trip, sat down at the well. It was noon. **7** A woman, a Samaritan, came to draw water. Jesus said, "Would you give me a drink of water?" **8** (His disciples had gone to the village to buy food for lunch.) **9** The Samaritan woman, taken aback, asked, "How come you, a Jew, are asking me, a Samaritan woman, for a drink?" (Jews in those days wouldn't be caught dead talking to Samaritans.) **10** Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water."

John 19:28-30 - 28 Jesus, seeing that everything had been completed so that the Scripture record might also be complete, then said, "I'm thirsty." **29** A jug of sour wine was standing by. Someone put a sponge soaked with the wine on a javelin and lifted it to his mouth. **30** After he took the wine, Jesus said, "It's done . . . complete." Bowing his head, he offered up his spirit.

Psalms 46:1-11 - 1 God is a safe place to hide, ready to help when we need him. **2** We stand fearless at the cliff-edge of doom, courageous in seastorm and earthquake, **3** Before the rush and roar of oceans, the tremors that shift mountains. Jacob-wrestling God fights for us, God of angel armies protects us. **4** River fountains splash joy, cooling God's city, this sacred haunt of the Most High. **5** God lives here, the streets are safe, God at your service from crack of dawn. **6** Godless nations rant and rave, kings and kingdoms threaten, but Earth does anything he says. **7** Jacob-wrestling God fights for us, God of angel armies protects us. **8** Attention, all! See the marvels of God! He plants flowers and trees all over the earth, **9** Bans war from pole to pole, breaks all the weapons across his knee. **10** "Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything." **11** Jacob-wrestling God fights for us, God of angel armies protects us.

"Whiskey Lullaby" by Brad Pailey ft. Allison Krauss

<p>When the morning light is rising, And my heart is feeling small, I can hear Your gentle whisper, Calling me to give my all. Every fear and every burden, Every wall that I let fall... Lord, I surrender — I surrender all. Take my life and lead me where Your mercy calls. In Your arms forever,</p>	<p>I will stand when I might fall. Lord, I surrender... I surrender all. When the night is dark and quiet, And the shadows start to grow, You remind me You're beside me, More than I could ever know. Every dream and every failure, Jesus, take them — take them all... Lord, I surrender — I surrender all.</p>	<p>Take my life and lead me where Your mercy calls. In Your arms forever, I will stand when I might fall. Lord, I surrender... I surrender all. Here at Your feet, my heart finds peace. Your love sets me free, Your grace carries me. Lord, I surrender — I surrender all.</p>
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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