



**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!

**EMOTIONAL MATURITY – Learning New Skills to Love Well.**

**Highland Colony Men’s Roundtable**

[www.MensTable.com](http://www.MensTable.com)

April 16, 2026

**Scripture:** John 15:11-15; James 1:19-21; Ephesians 4:25

**Videos:** No Atheists In Space Says Christian Pilot Of Artemis II Moon Rocket - <https://www.youtube.com/watch?v=3SqL8tOQHg8>

NASA astronaut and SoCal native Victor Glover speaks in first appearance since Artemis II mission - [https://www.youtube.com/shorts/o4HSxUW\\_TVY](https://www.youtube.com/shorts/o4HSxUW_TVY)

**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 Joy in Some Relationships – John 15:11-15.**

1. \_\_\_\_\_ → Jesus did not resist or complain or argue but allowed God’s pruning in His life.
2. \_\_\_\_\_ → Jesus kept the Father’s commandments. He produced great spiritual fruit for our profit and to glorify the Father.
3. \_\_\_\_\_ → Jesus chose to walk in God the Father’s love which empowered Him to love us.

**FOUR STAGES OF EMOTIONAL DEVELOPMENT**

1. \_\_\_\_\_ → Self-centered. Need others to take care of them. Complain, withdraw, or blame.
2. \_\_\_\_\_ → Content and happy... when things go their way. Unravel when they don’t. Use others to stabilize themselves.
3. \_\_\_\_\_ → More independent but still reactive. Struggle with authority and limits. Defensive, critical, easily offended
4. \_\_\_\_\_ → Can love well without losing themselves. Take responsibility for their own feelings. Can hold tension and remain connected.

**THE SPIRITUAL DISCIPLINE: PRACTICING THE PRESENCE OF PEOPLE**

**Basic People Skills for Emotional Maturity:**

1. \_\_\_\_\_ → Don’t interrupt. Don’t correct immediately. Seek to understand first. James 1:19 – “Quick to listen, slow to speak...”
2. \_\_\_\_\_ → No passive-aggressive communication. No mind-reading expectations. Ephesians 4:25 – “Speak truthfully...”
3. \_\_\_\_\_ → You are responsible for you. They are responsible for them. *Maturity means not over-functioning or under-functioning.*
4. \_\_\_\_\_ → Don’t withdraw. Don’t explode. Stay engaged and grounded.

**NOTE:** “You measure your maturity by how you handle people—especially the difficult ones.”

**BE THE LION!**

1. \_\_\_\_\_ **(Healthy Adult)** → Courageous, grounded, loving. Speaks truth with grace.
2. \_\_\_\_\_ **(Power without Control)** → Strong but can overpower others.
3. \_\_\_\_\_ **(False Self)** → Adapts to please, avoids truth.
4. \_\_\_\_\_ **(Avoidance)** → Withdraws, shuts down, hides.

**Goal:** \_\_\_\_\_ —**Emotional Adulthood**

**ACTION: Journal This!**

1. How do you typically respond in conflict—fight, flight, or engage?
2. Who in your life exposes your emotional immaturity the most?
3. What skill do you believe you need to be emotional mature and be an adult?



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**Men’s Roundtable**



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**NASA Doesn't Send Boys to Space**  
**Relational Skills of Emotionally Mature Men**

Astronauts aren't just chosen for intelligence or strength—they're chosen for how they relate under pressure. In isolation, stress, and life-or-death situations, relational maturity isn't optional—it's essential.

**1. Emotional Stability**

Stays calm under pressure • Doesn't overreact • Carries stress without spreading it  
*Mature men steady the room, not shake it.*

**2. Humility (Low Ego)**

Doesn't need to be right • Accepts correction • Shares credit  
*"We need to get it right" > "I need to be right"*

**3. Team-First Mentality**

Willing to lead and follow • Mission over preference • Cooperation over competition  
*Can you submit when it's not your turn?*

**4. Clear, Calm Communication**

Speaks clearly • Listens to understand • Addresses issues early  
*Mature men solve problems—they don't fuel them.*

**5. Healthy Conflict Skills**

Doesn't avoid hard conversations • Doesn't explode • No gossip  
*Silence isn't peace. Explosions aren't strength.*

**6. Trustworthiness**

Keeps his word • Owns mistakes • Follows through  
*Can others rely on you?*

**7. Adaptability**

Adjusts without meltdown • Open to others • Flexible  
*Mature men bend without breaking.*

**8. Positive Presence**

Encourages others • Brings steady energy • Not draining  
*Do you add strength—or demand it?*

**How NASA Tests This**

Isolation simulations • Team problem-solving • Confined environments • Peer evaluations  
*Your character shows up in how you relate—not what you claim.*

**Bottom Line**

NASA doesn't send the most talented individuals. They send the most relationally mature teams.

**Reflection Question**

If NASA evaluated you today—would they choose you based on how you relate to others under pressure?

**Scripture – The Message**

**John 15:11-15 - 11** "I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. **12** This is my command: Love one another the way I loved you. **13** This is the very best way to love. Put your life on the line for your friends. **14** You are my friends when you do the things I command you. **15** I'm no longer calling you servants because servants don't understand what their master is thinking and planning. No, I've named you friends because I've let you in on everything I've heard from the Father.

**James 1:19-21 - 19** Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. **20** God's righteousness doesn't grow from human anger. **21** So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.

**Ephesians 4:25 - 25** What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself.

**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](mailto:phil@bpointl.org)

Webpage: [www.bpointl.org](http://www.bpointl.org)