



**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!

**Breaking the Power of the Past.**

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

April 23, 2026

**Highland Colony Men’s Roundtable**

**Scripture:**

**Music:** Tabernacle by Andrew Ripp - <https://www.youtube.com/watch?v=KNTPIEZRTAo>

**Videos:** Hercules Talks to Zeus - <https://www.youtube.com/watch?v=LZTunqEhtz4>

**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.

**Living From Identity**

Emotional maturity is not just about behavior—it is rooted in identity.

How you see yourself shapes how you show up in every situation.

**Emotional Maturity (Identity Lens)**

1. Emotional maturity is the ability to respond from who you are—not react to what is happening.
2. It is not proving your identity—it is living from it.

**The Pattern of Jesus’ Identity**

*(Luke 3 & 4, Isaiah 61)*

1. Identity is \_\_\_\_\_
2. Identity is \_\_\_\_\_
3. Identity is \_\_\_\_\_

**Two Ways We Live**

**Identity in Christ:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Identity We Create:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Where This Shows Up**

1. Work / Performance → \_\_\_\_\_
2. Conflict / Relationships → \_\_\_\_\_
3. Comparison / Approval → \_\_\_\_\_

**Action – Journal This!**

1. Where do you feel the need to prove yourself most right now?
2. How do you typically respond when your identity feels threatened?
3. What would change if you were grounded instead of proving?



Sign in to this Thursday’s  
**Men’s Roundtable**



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Sign Up for  
**Men’s Coaching Weekend!**

**“Tabernacle” by Andrew Ripp**

<p>Over the valley of the shadows          Is the shadow of your wings          Under the barren desert land          Holy ground's beneath my feet          No high, no low, no mistake          No storm, no hell, no heartache          Where you aren't with me          You're always with me          Oh oh oh oh          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          When evil is surrounding          You surround me in the night</p>	<p>There's no dark too overwhelming          When I'm overwhelmed with light          No high, no low, no mistake          No storm, no hell, no heartache          Where you aren't with me          You're always with me          Oh oh oh oh          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          Cloud by day          Fire by night</p>	<p>Walk by faith          And never by sight          Where you lead me I will go          I'm a tabernacle          Cloud by day          Fire by night          Walk by faith          And never by sight          Where you lead me I will go          I'm a tabernacle          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          I carry the presence of heaven          Wherever I go          A holy place          A tabernacle          My heart, Your home          My heart, Your home          I'm a tabernacle</p>
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