



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

April 30, 2026

Scripture: Revelation 19:11-16, Matthew 5:9, Matthew 10:34-39

Music: Kenny Chesney - Who You’d Be Today - <https://www.youtube.com/watch?v=NNsOe7Eknog>

Videos: The Judge Best Scene – <https://www.youtube.com/watch?v=rAuCSPyJ9w>

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 Will Feel the Anger of Fury Over Others’ Unrepented Sin – Rev. 19:11-16.

1. _____ → Jesus expressed anger in healthy ways.
2. _____ → Jesus understood and appreciated the destructive nature of fury. His model helps us learn to control our fury.
3. _____ → Jesus has reserved His fury for the future. One day Jesus will unleash His fury on those whose sins are unforgiven.

EMOTIONAL MATURITY & CONFLICT

1. _____ → At the heart of true peacemaking is acknowledgement that we are human beings made in God’s Image. You must learn the skill of valuing and respecting one another.
2. _____ → Jesus does not call us to be pacifiers and appease--that is PEACEKEEPING, not PEACEMAKING! (Matthew 5:9). We are NOT called to “keep the peace,” ignoring difficult issues and problems, making sure things remain stable. We are called to face one another to resolve the issue.
3. _____ → True PEACEMAKING disrupts false peace even in families (Matthew 10:34-39).

BILL OF RIGHTS: I give myself and others the right to:

1. _____ → “not opening one another’s mail.”
2. _____ → you get to choose – difference is not bad.
3. _____ → each person has a view.
4. _____ → Listening is greatly valued.
5. _____ → Be present.
6. _____ → “broken or willful?” No Judgment!
7. _____ → Good expectation!
8. _____ → Checking in.
9. _____ → Margin for failure – extend grace.
10. _____ → Words matter. “How you say it” is important.
11. _____ → Feeling matter!

ACTION: Journal This!

1. Are you good at resolving conflict?
2. What skills are important in resolving conflict?
3. What relationship is challenging for you?



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Men’s Roundtable



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Scripture – The Message

Revelation 19:11-16 - 11 Then I saw Heaven open wide - and oh! a white horse and its Rider. The Rider, named Faithful and True, judges and makes war in pure righteousness.**12** His eyes are a blaze of fire, on his head many crowns. He has a Name inscribed that's known only to himself.**13** He is dressed in a robe soaked with blood, and he is addressed as "Word of God."**14** The armies of Heaven, mounted on white horses and dressed in dazzling white linen, follow him.**15** A sharp sword comes out of his mouth so he can subdue the nations, then rule them with a rod of iron. He treads the winepress of the raging wrath of God, the Sovereign-Strong.**16** On his robe and thigh is written, King of kings, Lord of lords.

Matthew 5:9 - 9 "You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.

Matthew 10:34-39 - 34 "Don't think I've come to make life cozy. I've come to cut -**35** make a sharp knife-cut between son and father, daughter and mother, bride and mother-in-law - cut through these cozy domestic arrangements and free you for God.**36** Well-meaning family members can be your worst enemies.**37** If you prefer father or mother over me, you don't deserve me. If you prefer son or daughter over me, you don't deserve me.**38** "If you don't go all the way with me, through thick and thin, you don't deserve me.**39** If your first concern is to look after yourself, you'll never find yourself. But if you forget about yourself and look to me, you'll find both yourself and me.

"Who You'd Be Today" by Kenny Chesney

<p>Sunny days seem to hurt the most. I wear the pain like a heavy coat. I feel you everywhere I go. I see your smile, I see your face, I hear you laughin' in the rain. I still can't believe you're gone. It ain't fair: you died too young, Like the story that had just begun, But death tore the pages all away. God knows how I miss you, All the hell that I've been through Just knowin' no-one could take your place. An' sometimes I wonder,</p>	<p>Who'd you be today? Would you see the world? Would you chase your dreams? Settle down with a family, I wonder what would you name your babies? Some days the sky's so blue, I feel like I can talk to you, An' I know it might sound crazy. It ain't fair: you died too young, Like the story that had just begun, But death tore the pages all away. God knows how I miss you,</p>	<p>All the hell that I've been through, Just knowin' no-one could take your place. An' sometimes I wonder, Who you'd be today? Today, today, today. Today, today, today. Sunny days seem to hurt the most. I wear the pain like a heavy coat. The only thing that gives me hope, Is I know I'll see you again some day. Some day, some day, some day.</p>
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