

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

GRIEF

TRUST

TRUST

STRESS

STRESS

HOPE

ANXIETY

JEALOUSY

ANXIETY

TRUST

GUILT

CONFIDENCE

PEACE

FRUSTRATION

LONELY

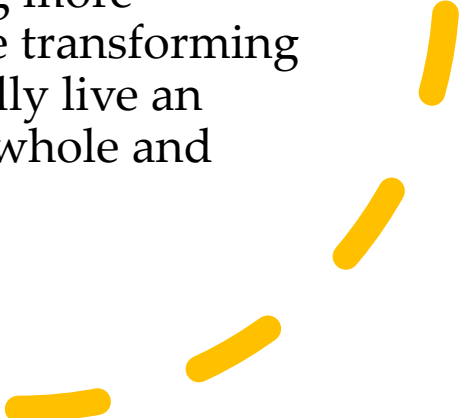


TIME TO GROW UP – EMOTIONAL MATURITY -

*Learning New
Skills to Love
Well*

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 (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. SUBMITTED TO AUTHORITY → Jesus did not resist or complain or argue but allowed God's pruning in His life.
2. RESPONSIBLE → Jesus kept the Father's commandments. He produced great spiritual fruit for our profit and to glorify the Father.
3. RECEIVED LOVE → Jesus chose to walk in God the Father's love which empowered Him to love us.





FOUR STAGES OF EMOTIONAL DEVELOPMENT

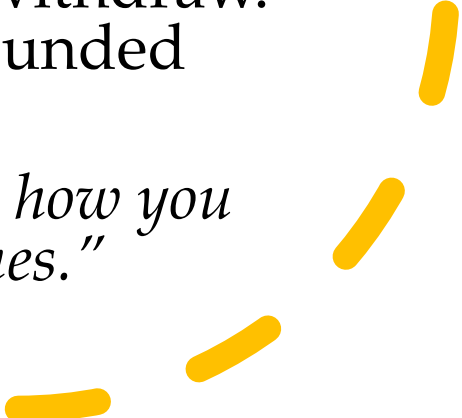
1. **Emotional Infants** → Self-centered. Need others to take care of them. Complain, withdraw, or blame.
2. **Emotional Children** → Content and happy... when things go their way. Unravel when they don't. Use others to stabilize themselves.
3. **Emotional Adolescents** → More independent but still reactive. Struggle with authority and limits. Defensive, critical, easily offended
4. **Emotional Adults** → 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. **Listen Without Defending** → Don't interrupt. Don't correct immediately. Seek to understand first. James 1:19 – "Quick to listen, slow to speak..."
2. **Speak Clearly & Honestly** → No passive-aggressive communication. No mind-reading expectations. Ephesians 4:25 – "Speak truthfully..."
3. **Respect Boundaries** → You are responsible for you. They are responsible for them. *Maturity means not over-functioning or under-functioning.*
4. **Stay Present in Conflict** → 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. **Lion (Healthy Adult)** → Courageous, grounded, loving. Speaks truth with grace.
2. **Bull (Power without Control)** → Strong but can overpower others.
3. **Chameleon (False Self)** → Adapts to please, avoids truth.
4. **Turtle (Avoidance)** → Withdraws, shuts down, hides

Goal: BE THE LION – 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 emotionally mature and be an adult?

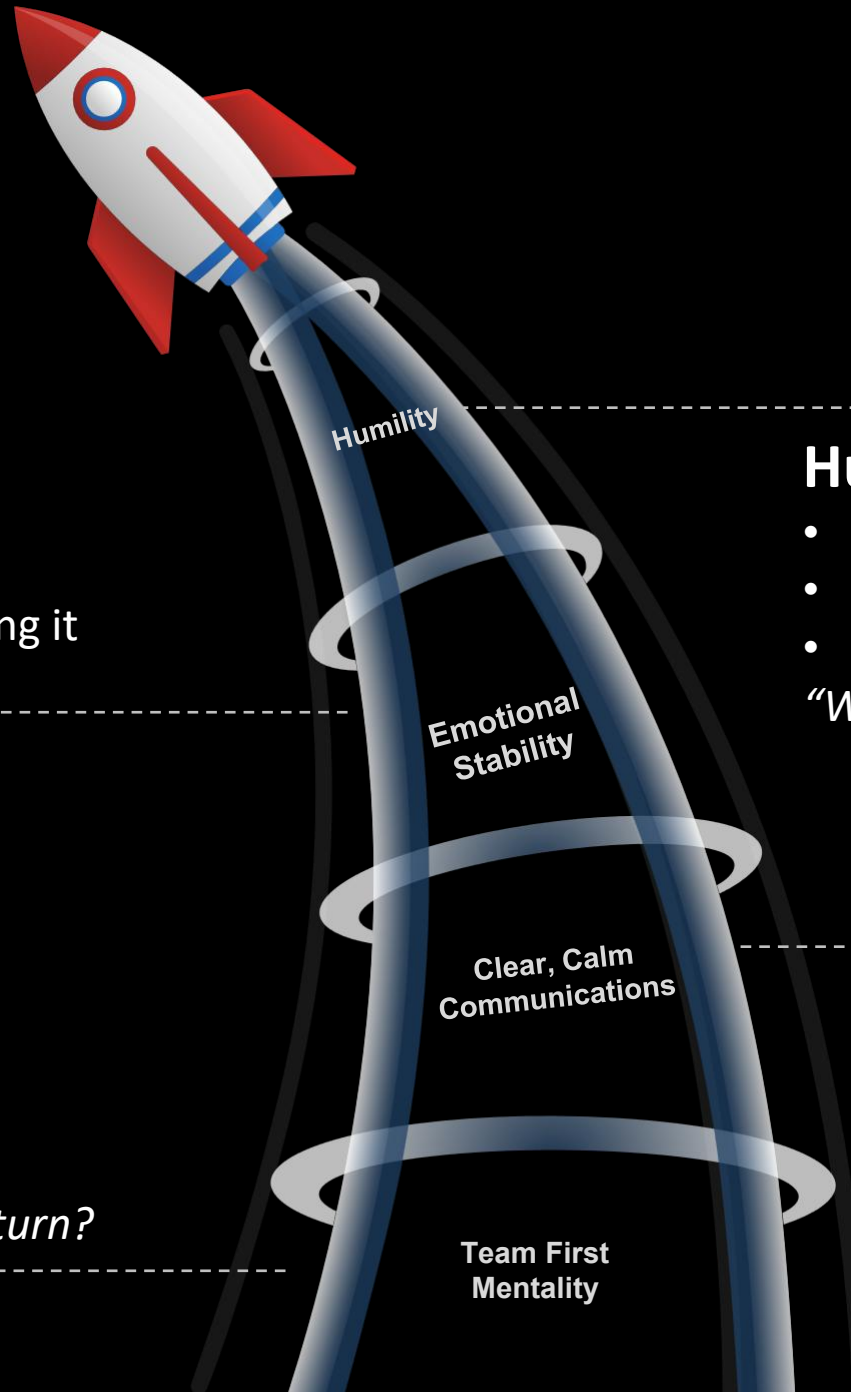




NASA

BOYS ARE NOT SENT TO SPACE.

**EMOTIONALLY MATURE MEN
WITH STRONG RELATIONAL SKILLS ARE SENT TO SPACE.**



Emotional Stability

- Stays calm under pressure
- Doesn't overreact
- Carries stress without spreading it

*Mature men steady the room,
they do not shake the room.*

Humility (Low Ego)

- Doesn't need to be right
- Accepts correction
- Shares credit

"We need to get it right" > "I need to be right"

Team-First Mentality

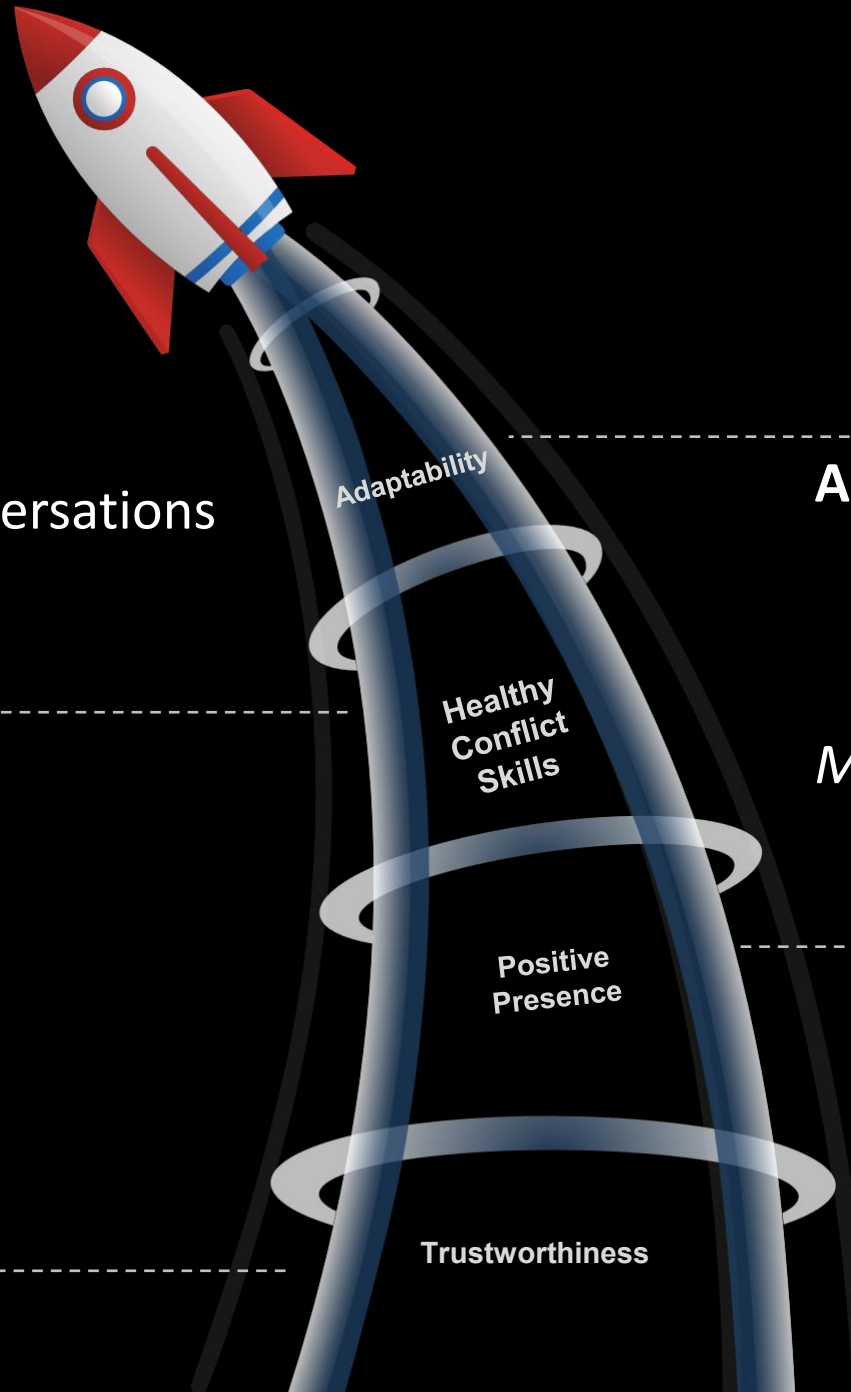
- Willing to lead and follow
- Mission over preference
- Cooperation over competition

Can you submit when it's not your turn?

Clear, Calm Communication

- Speaks clearly
- Listens to understand
- Addresses issues early

*Mature men solve problems—
they don't fuel them.*



Healthy Conflict Skills

- Doesn't avoid hard conversations
- Doesn't explode
- No gossip

Silence isn't peace.

Explosions aren't strength.

Trustworthiness

- Keeps his word
- Owns mistakes
- Follows through

Can others rely on you?

Adaptability

- Adjusts without meltdown
- Open to others
- Flexible

Mature men bend without breaking

Positive Presence

- Encourages others
- Brings steady energy
- Not draining

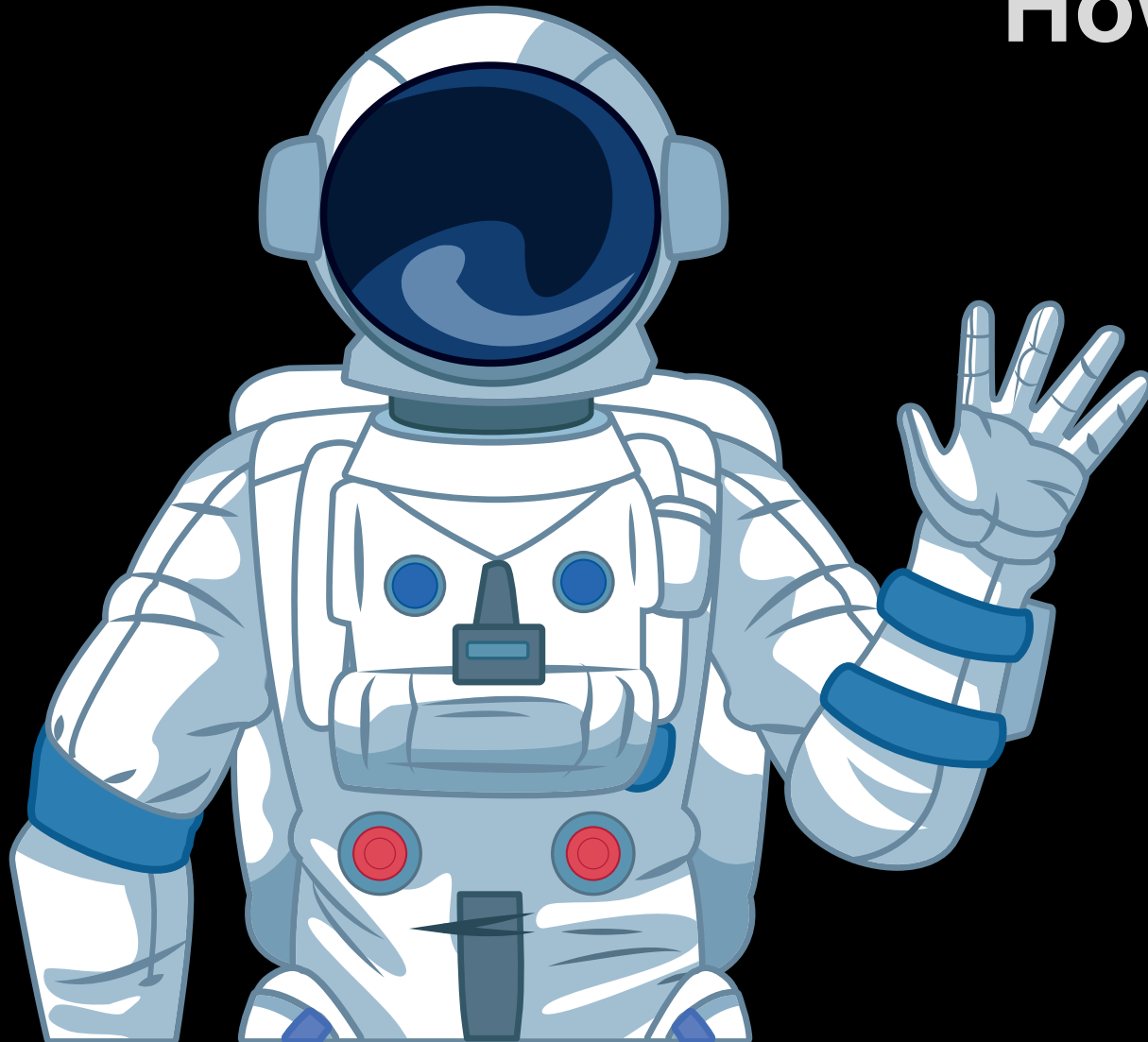
*Do you add strength—
or demand it?*

Adaptability

Healthy
Conflict
Skills

Positive
Presence

Trustworthiness



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.



Reflection Question

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