

TIME TO GROW UP

When Emotional Maturity is Holding You Back!

What is your EQ?

JOY

ANGER

LOVE

SADNESS

GRIEF

TRUST

TRUST

STRESS

HOPE

STRESS

ANXIETY

JEALOUSY

ANXIETY

TRUST

GUILT

CONFIDENCE

PEACE

FRUSTRATION

LONELY



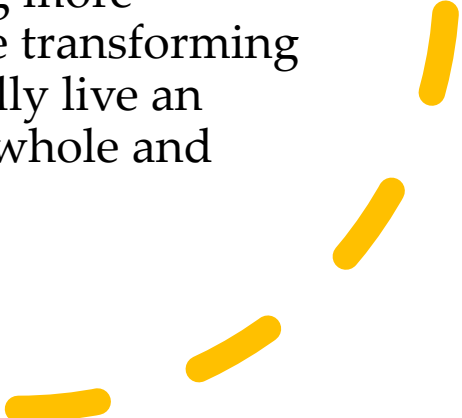
TIME TO GROW UP

EMOTIONAL MATURITY

*Learning New
Skills to Love
Well – PART II*

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

1. ANGER UNDER CONTROL → Jesus expressed anger in healthy ways.
2. FURY UNDERSTOOD → Jesus understood and appreciated the destructive nature of fury. His model helps us learn to control our fury.
3. CONTROL FURY → 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. **VALIDATION** → 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. **NO PEACEKEEPING** → 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. **EMBRACE CONFLICT** → True PEACEMAKING disrupts false peace even in families (Matthew 10:34-39).

BILL OF RIGHTS

I give myself and others the right to:

1. Space & Privacy → “not opening one another’s mail.”
2. Be Different → you get to choose – difference is not bad.
3. Disagree → each person has a view.
4. Be Heard → Listening is greatly valued.
5. Be Taken Seriously → Be present.
6. Be Given the Benefit of the Doubt → “broken or willful?” No Judgment!
7. Be Told the Truth → Good expectation!
8. Be Consulted → Checking in.
9. Be Imperfect & Make Mistakes → Margin for failure – extend grace.
10. Courteous & Honorable Treatment → Words matter. “How you say it” is important.
11. Be Respected → 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?

