



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 – A Rule of Life

Highland Colony Men’s Roundtable

www.MensTable.com

May 14, 2026

Scripture: Mark 6:4-6; Luke 2:52; Mark 1:35; Luke 5:16; Matthew 14:23; Deuteronomy 6:4-12; John 15:508; Psalm 90:12

Music: Patsy Cline - You Belong to Me – <https://www.youtube.com/watch?v=PSbgZwP85RE>

Videos: A River Runs Through It | A Rhythm All His Own - <https://www.youtube.com/watch?v=MnhGRFw1FrQ>

A River Runs Through It | Four-Count Rhythm - <https://www.youtube.com/watch?v=IV-3K0h8CEs>

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 Marveled in Dealing with Life’s Dilemmas – Mark 6:4-6.

1. _____ → Jesus did not try to reduce, change, dilute, or deny a troublesome circumstance.
2. _____ → Jesus looked for the broad perspective. He didn’t dwell on the little things, but trusted God with what mattered.
3. _____ → Jesus clung to hope. He did not cave in to hopelessness or despair.

JESUS LIVED WITH RHYTHMS AND INTENTIONALITY

1. _____ → An intentional, conscious plan to keep God at the center of everything we do. The word “rule” comes from the Greek word “*trellis*” – a trellis supports a vine so it can grow and bear fruit.
2. _____ → Jesus was never hurried. He was interrupted constantly, yet remained centered. See Luke 2:52, Mark 1:35, Luke 5:16, and Matthew 14:23.

WITHOUT A RULE OF LIFE, SOMETHING ELSE RULES YOU

1. _____ → The world disciplines us every day – hurry, outrage, achievement, comparison, or distraction. If we are not intentionally formed by Jesus, we will be unconsciously formed by culture.
2. _____ → A man prepared when pressure comes, will not fail.
3. _____ →
 1. Samson
 2. King Saul

A RULE OF LIFE TOUCHES EVERY AREA OF LIFE! FOUR AREAS OF A RULE OF LIFE. Deuteronomy 6:4-12.

1. _____ → Daily silence – Scripture – Journaling – Solitude.
2. _____ → Intentional conversations – Confession (Vulnerability) - Healthy Boundaries (Just say NO!) – Brotherhood (Living in Community).
3. _____ → Stopping – Delight – Worship – Recreation (FUN!).
4. _____ → Meaningful Work – Serving Others – Intentional Living.

JESUS IS THE CENTER OF THE RULE! - John 15:5-8. Psalm 90:12

1. _____ → The goal is NOT better habits, cleaner schedules, or religious performance. The Goal is COMMUNION WITH JESUS!
2. _____ → Most men live accidentally. Jesus invites a better way:
 1. “I will not let chaos disciple me!”
 2. “I will not let culture define me.”
 3. “I will not drift from God.”
 4. “I will build my life around what matters most.”



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Men’s Roundtable



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ACTION: Journal This!

1. What currently rules your life most?
2. What rhythms are helping you grow spiritually?
3. What would a Christ-centered Rule of Life look like for you?

Scripture – The Message

Mark 6:4-6 - 4 Jesus told them, "A prophet has little honor in his hometown, among his relatives, on the streets he played in as a child." **5** Jesus wasn't able to do much of anything there - he laid hands on a few sick people and healed them, that's all. **6** He couldn't get over their stubbornness. He left and made a circuit of the other villages, teaching.

Luke 2:52 - 52 And Jesus matured, growing up in both body and spirit, blessed by both God and people.

Mark 1:35 - 35 While it was still night, way before dawn, he got up and went out to a secluded spot and prayed.

Luke 5:16 - 16 As often as possible Jesus withdrew to out-of-the-way places for prayer.

Matthew 14:23 - 23 With the crowd dispersed, he climbed the mountain so he could be by himself and pray. He stayed there alone, late into the night.

Deuteronomy 6:4-12 - 4 Attention, Israel! God, our God! God the one and only! **5** Love God, your God, with your whole heart: love him with all that's in you, love him with all you've got! **6** Write these commandments that I've given you today on your hearts. Get them inside of you **7** and then get them inside your children. Talk about them wherever you are, sitting at home or walking in the street; talk about them from the time you get up in the morning to when you fall into bed at night. **8** Tie them on your hands and foreheads as a reminder; **9** inscribe them on the doorposts of your homes and on your city gates. **10** When God, your God, ushers you into the land he promised through your ancestors Abraham, Isaac, and Jacob to give you, you're going to walk into large, bustling cities you didn't build, **11** well-furnished houses you didn't buy, come upon wells you didn't dig, vineyards and olive orchards you didn't plant. When you take it all in and settle down, pleased and content, **12** make sure you don't forget how you got there - God brought you out of slavery in Egypt.

John 15:5-8 - 5 "I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing. **6** Anyone who separates from me is deadwood, gathered up and thrown on the bonfire. **7** But if you make yourselves at home with me and my words are at home in you, you can be sure that whatever you ask will be listened to and acted upon. **8** This is how my Father shows who he is - when you produce grapes, when you mature as my disciples.

Psalms 90:12 - 12 Oh! Teach us to live well! Teach us to live wisely and well!

"You Belong To Me" by Patsy Cline

See the pyramids along the Nile
Watch the sunrise on a tropic isle
Just remember darling all the while
You belong to me
See the marketplace in old Algiers
Send me photographs and souvenirs
Just remember when a dream appears
You belong to me
I'll be so alone without you
Maybe you'll be lonesome too and blue

Fly the ocean in a silver plane
See the jungle when it's wet with rain
Just remember till you're home again
You belong to me
I'm gonna be so alone without you
And I'm hoping maybe you'll be lonesome too and blue
Fly the ocean in a silver plane
See the jungle when it's wet with rain
Just remember till you're home again
You belong to me

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