



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 – NOW WHAT

Highland Colony Men’s Roundtable

www.MensTable.com

May 21, 2026

Scripture: Mark 6:4-6; I Corinthians 13:11; I Corinthians 4:7, 8; I Timothy 4:7; James 1:19-21; I John 3:16-18; I John 4: 7,8; Colossians 1:28, 29; Ephesians 4:13-15; James 1:2-4

Music: Jeremy Rosado - When I Meet Jesus <https://www.youtube.com/watch?v=02BnEceTKWl>

Videos: Shawshank redemption - Red's parole hearings – <https://www.youtube.com/watch?v=cGo5rXUAH2o>

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.

GROWTH IS A LIFELONG JOURNEY - I Corinthians 13:11.

1. _____ → “When I became a man, I put childish ways behind me.”
— 1 Corinthians 13:11. Paul does not say: “I arrived.” He says: “I kept growing.” One of the greatest lies emotionally immature men believe is: “This is just the way I am.” No! That may be how you learned to survive. But survival is not maturity.
2. _____ → Some men learned: anger, avoidance, sarcasm, control, shutdown, performance, addiction, people pleasing. Not because they were evil..., but because they were wounded. And what isn’t transformed gets transferred.
3. _____ → Wounded fathers wound sons, fearful men spread fear, reactive men create chaos, emotionally absent men create loneliness. But healed men change generations. This work matters.

TRANSFORMATION HAPPENS THROUGH PRACTICE - I Corinthians 4:7,8.

1. _____ → Spiritual maturity is not accidental. Emotionally mature men are not born. They are formed. You don’t drift toward wholeness. You practice your way there by observing Sabbath, slowing down, silence, journaling, reflection, grieving losses, confession, emotional awareness, living relationally, and committed to a Rule of Life. Because your life is perfectly designed for the person you are becoming. I Timothy 4:7.
2. _____ → If your life is chaotic, your soul will eventually reflect it. If your life has no boundaries... your emotions will eventually expose it. If you never stop... you will eventually break. Many men are exhausted not because they are weak—but because they are disconnected from their souls.

MATURE MEN STAY PRESENT! - James 1:19-21.

1. _____ → Emotionally immature men react. Emotionally mature men remain present. That sounds simple ... until conflict comes. When pressure rises: immature men explode, withdraw, blame, control, avoid, defend, or shut down. But mature men stay engaged, not perfectly—but intentionally. Jesus stayed present with: suffering people, difficult people, grieving people, angry people, fearful people. And ultimately ... He He stayed present at the cross.
2. _____ → Some men have spent their entire lives leaving emotionally before they ever leave physically. They disappear: into work, into anger, into isolation, into pornography/addiction, into distraction, into emotional numbness.
3. _____ → Healing begins when a man learns to stay. Stay in the conversation. Stay in the grief. Stay in the discomfort. Stay in relationship. Stay before God.

THE GOAL IS LOVE! - I John 3:16-18. - I John 4:7,8.

1. _____ → At the end of this series, here is the final question: Are you becoming more loving? Not more impressive. Not more religious. Not more informed. More loving!!!



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2. _____ → Because maturity is not measured by how much control you have. It is measured by: patience, gentleness, humility, forgiveness, connection courage, kindness, truthfulness. The mature man is not the loudest man. He is the safest man. The strongest man in the room is often the man who no longer needs to dominate the room.

EMOTIONALLY HEALTHY MEN - Colossians 1:28, 29. - Ephesians 4:13-15. - James 1:2-4.

1. _____ → Men who know how to: grieve, repent, forgive, listen, stay present, love deeply tell the truth, walk humbly, and lead courageously. Men who no longer hide behind strength ... but whose strength comes from surrender. Men whose emotions no longer rule them... because Jesus does.
2. _____ → The goal was never perfection. The goal was wholeness. And wholeness happens slowly ... through honesty ... through practice ... through community ... through surrender ... through practice ... through the transforming work of the Holy Spirit.
3. _____ → So where do we go from here? You keep growing. You keep showing up. You keep practicing. You keep becoming the man God intended you to be.

ACTION: Journal This!

1. Where have you seen growth in yourself during this series?
2. What is one rhythm you must continue after this series ends?
3. What relationship needs more presence from 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.

I Corinthians 13:11 - 11 When I was an infant at my mother's breast, I gurgled and cooed like any infant. When I grew up, I left those infant ways for good.

I Corinthians 4:7, 8 - 7 For who do you know that really knows you, knows your heart? And even if they did, is there anything they would discover in you that you could take credit for? Isn't everything you have and everything you are sheer gifts from God? So what's the point of all this comparing and competing?**8** You already have all you need. You already have more access to God than you can handle. Without bringing either Apollos or me into it, you're sitting on top of the world - at least God's world - and we're right there, sitting alongside you!

I Timothy 4:7 - 7 Stay clear of silly stories that get dressed up as religion. Exercise daily in God - no spiritual flabbiness, please!

James 1:19-21 - **19** Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear.**20** God's righteousness doesn't grow from human anger.**21** So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.

I John 3:16-18 - 16 This is how we've come to understand and experience love: Christ sacrificed his life for us. This is why we ought to live sacrificially for our fellow believers, and not just be out for ourselves.**17** If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God's love? It disappears. And you made it disappear.**18** My dear children, let's not just talk about love; let's practice real love.

I John 4: 7,8 - 7 My beloved friends, let us continue to love each other since love comes from God. Everyone who loves is born of God and experiences a relationship with God.**8** The person who refuses to love doesn't know the first thing about God, because God is love - so you can't know him if you don't love.

Colossians 1:28, 29 - 28 We preach Christ, warning people not to add to the Message. We teach in a spirit of profound common sense so that we can bring each person to maturity. To be mature is to be basic. Christ! No more, no less.**29** That's what I'm working so hard at day after day, year after year, doing my best with the energy God so generously gives me.

Ephesians 4:13-15 - 13 until we're all moving rhythmically and easily with each other, efficient and graceful in response to God's Son, fully mature adults, fully developed within and without, fully alive like Christ.**14** No prolonged infancies among us, please. We'll not tolerate babes in the woods, small children who are an easy mark for impostors.**15** God wants us to grow up, to know the whole truth and tell it in love - like Christ in everything. We take our lead from Christ, who is the source of everything we do.

James 1:2-4 - 2 Consider it a sheer gift, friends, when tests and challenges come at you from all sides.**3** You know that under pressure, your faith-life is forced into the open and shows its true colors.**4** So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.

"When I Meet Jesus" by Jeremy Rosado

<p>When I meet Jesus And I see my Savior's face I will step into His glory, forever changed And my broken pieces They will no longer remain All the hurt that I've been feelin' will go away From nothing to something Who I am and who I wasn't I can finally be who He made me to be When I meet Jesus All my worries and my fears will fade away When He calls my name When I meet Jesus I'll be home and there to stay when He tells me "Well done, My good and faithful servant</p>	<p>You are loved, you were worth it" When I meet Jesus When I get to Heaven And I see those streets of gold More beautiful than stories ever told The glow of Your presence Will illuminate the sky What a powerful and wonderful sight When I meet Jesus All my worries and my fears will fade away When He calls my name When I meet Jesus I'll be home and there to stay when He tells me "Well done, My good and faithful servant You are loved, you were worth it"</p>	<p>When I meet Jesus Oh-woah, oh Nothing could ever compare To the moment I'm there And I see my Savior's face And He calls me by my name When I meet Jesus All my worries and my fears will fade away When He calls my name When I meet Jesus I'll be home and there to stay when He tells me "Well done, My good and faithful servant You are loved, you were worth it Oh, you are home, you are perfect" When I meet Jesus</p>
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