

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

TRUST

ANXIETY

JEALOUSY

ANXIETY

PEACE

GUILT

CONFIDENCE

FRUSTRATION

LONELY



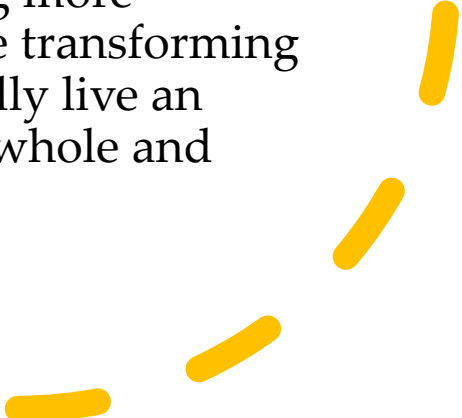
TIME TO
GROW UP

EMOTIONAL
MATURITY

A Rule of Life!

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 Marveled in Dealing with Life's Dilemmas

Mark 6:4-6

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





JESUS LIVED WITH
RHYTHMS AND
INTENTIONALITY

1. **RULE OF LIFE** → 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. **INTENTIONALITY** → 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. **DON'T CONFORM** → 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. **DANIEL – A RULE OF LIFE** → A man prepared when pressure comes, will not fail.
3. **MEN WHO LOST CENTER** →
 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. PRAYER LIFE → Daily silence – Scripture – Journaling – Solitude.
2. RELATIONSHIPS → Intentional conversations – Confession (Vulnerability) - Healthy Boundaries (Just say NO!) – Brotherhood (Living in Community).
3. REST & SABBATH → Stopping – Delight – Worship – Recreation (FUN!).
4. MISSION & PURPOSE → Meaningful Work – Serving Others – Intentional Living.

JESUS IS THE CENTER OF THE RULE!

John 15:5-8

Psalm 90:12

1. **GOAL** → The goal is NOT better habits, cleaner schedules, or religious performance. The Goal is COMMUNION WITH JESUS!
2. **LIVE INTENTIONALLY** → 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.”

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?

