

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



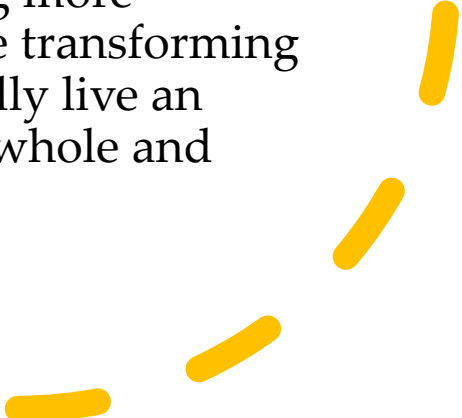
TIME TO
GROW UP

EMOTIONAL
MATURITY

*Where Do We
Go From Here*
NOW WHAT?

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

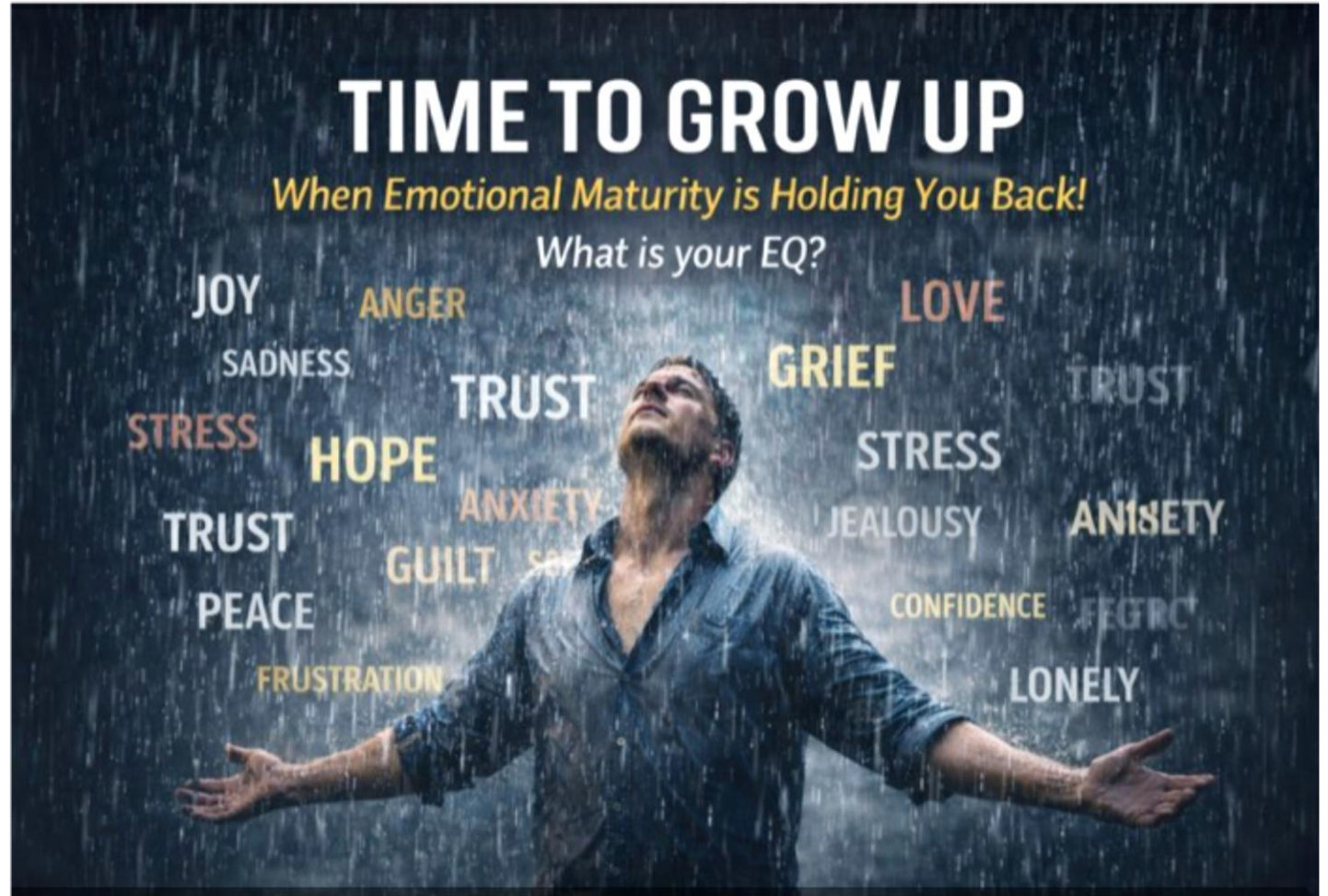


1. Emotional maturity, in a Christian context, is the Spirit-led ability to understand, govern, and rightly express one's emotions in a way that reflects the character of Christ, honors God, and builds others up—especially under pressure, correction, or conflict.
2. It is not the absence of emotion, but the mastery of emotion under the lordship of Jesus Christ.

Connecting with the Emotions of Jesus

Jesus Marvelled 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.



GROWTH IS A LIFELONG JOURNEY

I Corinthians 13:11.

1. **ACT LIKE A MAN!** → “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. **TRANSFORMED or TRANSFERRED** → 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. **GROWTH MATTERS** → 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. **TRANSFORMATION** → 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. **CONNECTED TO YOUR HEART** → 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. **BE PRESENT** → 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. **EMOTIONALLY UNAVAILABLE** → 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. **STAY PRESENT** → 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!

| John 3:16-18

| John 4:7,8

1. **BECOMING MORE LOVING** → 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!!!
2. **BE SAFE & TRUSTABLE** → 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. **SURRENDERED TO JESUS** → 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. **EMOTIONALLY WHOLE** → 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. **WHERE ARE YOU HEADED?** → 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?

