

PAIN

GOD'S GATEWAY TO EMPATHY AND DEEPER RELATIONSHIPS

SESSION 3

[HTTPS://WWW.COV-PRES.ORG/SUNDAY-SCHOOL/SUNDAY-SCHOOL-CLASSES/](https://www.cov-pres.org/sunday-school/sunday-school-classes/)

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DEFINING PRIMARY EMOTION - FEAR

- Fear is our reaction to uncertainty about our resources in the face of danger, when we are assaulted by a force that overwhelms us and compels us to face that we are helpless and out of control. Fear is provoked when the threat of danger (Physical or Relational) exposes our inability to preserve what we most cherish.
- Allender, Dan B., Cry of the Soul.

FEAR – CONT.

- All fear involves the threat of physical and or emotional **danger**. We all fear what we cannot **control**
- We feel terror at the announcement of **life threatening news**
- It's a reaction to the threat of physical **pain** or **harm**
- It's also the everyday **uncertainty** that gnaws at us
- We fear physical & personal **death** and the terror of **separation**

FEAR – CONT.

- We feel fear when core, **life-giving dreams** that are the basis of our personal identity are **threatened with extinction**
- Danger also exposes our **impotence** to preserve our happiness
- When something is required of me and I **don't have what it takes** to handle it
- Fear is generally the strategy of **flight**: the flip side of anger
- We respond in flight when we view the danger as being greater than our resources and determine that self preservation is a higher good

IN YOUR FEAR, DON'T SIN

- Remember that all emotions come from God and serve a beneficial function
- How do we discern when an emotion is righteous or unrighteous?
- Ephesians 4:26 – Be angry and do not sin
- Fear of the world or fear of God
- Fear of the world is a fear of what life and what others may do to me