

PAIN



GOD'S GATEWAY TO EMPATHY AND DEEPER RELATIONSHIPS

SESSION 4

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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

UNRIGHTEOUS FEAR – DESTRUCTIVE ANXIETY

- Fear can turn **obsessive** – when we clutch our hearts, inhibiting our activity and our enjoyment of God and His world. This kind of fear can cripple us
- We like to live in the **comfort zone**. Many are afraid to move out of it
- Although natural to want to keep problems at bay, we can be so successful at putting up protective shields that they create a sheltered cocoon where nothing and nobody can touch them. In this case, **fear no longer protects; it imprisons**

• Allender, Dan B., Cry of the Soul

FEAR DISTORTS REALITY

- We develop a false perception of ourselves and often seem weaker than we are
- We seem more accountable as well. We blame ourselves to give us the illusion of having control over some perceived failure that we feel we can and must change
- Fear also distorts our perception of the nature of the dangers facing us
- Fear distorts our sense of reality. Our enemies seem huge and all-powerful

• Allender, Dan B., Cry of the Soul

CONSTRUCTIVE FEAR: THE FEAR OF THE LORD

- What or whom do we fear? And where does that fear drive us? Does it drive us to **protect ourselves** or does it drive us to God, our Protector?
 - Jesus feared the loss, the assault, the anger, the rejection of His Father
 - Jesus' fear in the garden drove Him to His Father
 - The Fear of the Lord is the beginning of wisdom; all those that practice it have a good understanding. (Ps 111:10)
- Allender, Dan B., Cry of the Soul