

PAIN

GOD'S GATEWAY TO EMPATHY AND DEEPER RELATIONSHIPS

SESSION 9

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IN OUR SHAME (REJECTION), DON'T SIN

- Shame is the traumatic exposure of nakedness – an inner ugliness is revealed
- Unrighteous shame always leads to blaming self or others; it's a false protection against the fear of rejection and the ultimate fear of abandonment
- Shame is a sense of deficiency or foolishness BUT:
- By design, shame exposes our foolish trust in a god who is not God
- Allender, Dan B., The Cry of the Soul

SIGNPOSTS OF SHAME

- A painful absorption with self; our core identity seems too ugly to face up to without dire consequences
- Shame is hiding; we fly to the sanctity of our inner world; we escape through the wish of invisibility, the fantasy of shrinking into a wall
- Shame does emotional or physical violence against the self or against the one who originally witnessed our fall
- Allender, Dan B., *The Cry of the Soul*

CHARLES SPURGEON ON PAIN/SUFFERING

- “The path of a Christian is not always bright with sunshine. There are seasons of darkness and storms. The best of God’s saints must experience trials, and bear the cross. Perhaps the Lord allotted you a smooth and unclouded path at first because you were weak and timid. Now that you are stronger in the spiritual life you must enter the rougher experience of God’s full grown children. We need the winds and tempest to exercise our faith, to tear off the rotten bough of self- dependence, and root us more firmly in Christ. The day of evil revealed to us the value of our glorious hope.”

PATHWAY TO EMPATHY

- Self-Preservation
- Self-Awareness
- Self-Regulation
- Kindness, Grace, Mercy, Love
- Empathy (2 Cor. 1:3-5)



Skills for repentance and the beginning of other-centered living

THREE STEP ROADMAP TO OTHER CENTEREDNESS

- **Enter in** – “What was it like for you”?
- **Connect** - **Hear** and **demonstrate** that you have heard them
- **Care** - Allow other people’s experiences to impact you.