



Your dark emotions are much more than just uncomfortable feelings you struggle to control. They are windows into your heart. These emotions—the ones you tend to deny and hide—actually have something to tell you. They can reveal, in a very graphic way, where you are in your relationship with God. So often you find yourself caught between extremes—either you feel too much or not at all. You tend to ignore your feelings or fight them off as if they were an enemy. But all emotion—whether positive or negative—can give you a glimpse of the true nature of God; bring awareness to your cry for help and your need for God himself.

Highland Colony Men's Roundtable
www.MensTable.com

GROWING IN AWARENESS: 6 EMOTIONAL DEFENSES TO THREAT

Bad Fear – A Damaging Anxiety

Summary: A Man understands that fear can rob him of the life God offers.

Bible Verses: Isaiah 30:17; Psalm 22:12,13; Psalm 30:9-10; Numbers 13:26-33

Music: "My Worst Fear" by Rascal Flatts

Video: YouTube videos "Stop It" and "Braveheart - Motivational Speech - Inspirational Speech - William Wallace - HD Quality"

Resources: *The Cry of the Soul* by Dr. Dan Allender & Dr. Tremper Longman III

June 9, 2016

FEAR: What are you afraid of?

1. _____ > All of us fear what we cannot control! All fear involves the threat of danger.
2. _____ > Fear is the reaction to the threat of life-threatening news, physical pain or harm. Forms that fear takes are worry, nervousness, and distress. What triggers fear? Worry and fear are first cousins. They vary in intensity but are both forms of the same emotion.
3. _____ > Fear is your response to uncertainty about your resources in the face of danger, when you are assaulted by a force that overwhelms you and compels you to face that you are helpless and out of control. Fear is provoked when the threat of danger (physical or relational) exposes your inability to preserve what you most deeply cherish.
4. _____ > The ultimate threat is separation and death. At the heart of the fear of death is the terror of separation. Death is the ultimate experience of loneliness. Any form of death has the potential to evoke great fear (Psalm 30:9-10).

FEAR: What is the Key?

1. _____ > Fear is basic to you being human.
2. _____ > Fear exposes your struggle with your deepest allegiance: it all boils down not to whether you fear, but what and whom you fear.
3. Consider the Bible's instruction:
 - a. Psalm 27:3 > "Though an army ... I will not fear!"
 - b. Psalm 46:2-3 > "Though the earth give way ... I will not fear!"
 - c. Isaiah 35:4 > "Those with fearful hearts ... Do not fear, God will come!"
 - d. Isaiah 41:10 > "Do not fear ... I am WITH YOU!"
 - e. Romans 8:15 > "You are not a slave to fear ... You are a son!"
 - f. I John 4:18 > "There is no fear in love!"

FEAR: "I feel helpless and I want to run!"

1. _____ > Danger exposes your impotence to preserve what matters most to you: YOUR HAPPINESS!
2. DANGER: _____! From birth to death you are bombarded by the presence and power of others. You are not free, at least not in the sense of being able to make choices that are unaffected by others. You are unable to break free of culture, personal history, relationships, genetic makeup, or life's daily demands for basic survival.
3. DANGER: _____! I fear that my incompetence will finally be discovered and I will be dragged into the public square and judged. My work is evaluated and I am humiliated.
4. SOLUTION: _____! I want control. But, that will never happen. My fears warn me that I am helpless. Therefore, the only solution seems to be to run!

FEAR: "I will run!"

1. _____ > Fear is the strategy of flight: the flip side of anger. Both are responses to threat and danger. Anger attacks the threat; fear withdraws from it.
2. _____ > You respond in flight with you view the danger as being greater than your resources and determine that self-preservation is a higher good than engagement with the danger.
3. _____ > Fear can function as a warning light when danger is near. It can function to keep ourselves from harm. Fear does serve a purpose. Fear warns you to take precautions, to hold back from certain people and situations.
4. _____ > Fear can turn very dark—it can become obsessive. Fear can become overwhelming. Fear can distort reality—it can cause you to think less of yourself. Fear can also distort your perception of the nature of the dangers facing you (Numbers 13:26-33).

ACTION: Journal This!

1. What do you fear?
2. What do you want to control?

Bible Verses

Isaiah 30:15-17

¹⁵⁻¹⁷ God, the Master, The Holy of Israel, has this solemn counsel:

"Your salvation requires you to turn back to me and stop your silly efforts to save yourselves. Your strength will come from settling down in complete dependence on me—the very thing you've been unwilling to do. You've said, 'Nothing doing! We'll rush off on horseback!' You'll rush off, all right! Just not far enough! You've said, 'We'll ride off on fast horses!' Do you think your pursuers ride old nags? Think again: A thousand of you will scatter before one attacker. Before a mere five you'll all run off. There'll be nothing left of you—a flagpole on a hill with no flag, a signpost on a roadside with the sign torn off."

Psalms 22:12-13

¹²⁻¹³ Herds of bulls come at me, the raging bulls stampede, horns lowered, nostrils flaring, like a herd of buffalo on the move.

Psalms 30:8-10

⁸⁻¹⁰ I called out to you, God; I laid my case before you:
"Can you sell me for a profit when I'm dead? Auction me off at a cemetery yard sale? When I'm 'dust to dust' my songs and stories of you won't sell. So listen! And be kind! Help me out of this!"

Numbers 13:26-33 ²⁶⁻²⁷ They presented themselves before Moses and Aaron and the whole congregation of the People of Israel in the Wilderness of Paran at Kadesh. They reported to the whole congregation and showed them the fruit of the land. Then they told the story of their trip:

²⁷⁻²⁹ "We went to the land to which you sent us and, oh! It *does* flow with milk and honey! Just look at this fruit! The only thing is that the people who live there are fierce, their cities are huge and well fortified. Worse yet, we saw descendants of the giant Anak. Amalekites are spread out in the Negev; Hittites, Jebusites, and Amorites hold the hill country; and the Canaanites are established on the Mediterranean Sea and along the Jordan."

³⁰ Caleb interrupted, called for silence before Moses and said, "Let's go up and take the land—now. We can do it."

³¹⁻³³ But the others said, "We can't attack those people; they're way stronger than we are." They spread scary rumors among the People of Israel. They said, "We scouted out the land from one end to the other—it's a land that swallows people whole. Everybody we saw was huge. Why, we even saw the Nephilim giants (the Anak giants come from the Nephilim). Alongside them we felt like grasshoppers. And they looked down on us as if we were grasshoppers."

MY WORST FEAR

Written by Written by R. Anthony Smith, Alan Gordon Anderson and performed by Rascal Flatts

Last night you gave me a kiss
You didn't know it, but I was awake when you did
You were quiet, you were gonna let me sleep
So I just laid there pretending to be
You said some things you didn't know I could hear
And the words "I love you" never sounded so sincere

[Chorus]

It's gonna make it hard to tell you that I'm leaving
Now that I know just how much you care
You finally gave me one good reason not to go
But staying here is my worst fear

This morning I rolled out of bed
Recalling all the sweet things you said
This was the day I was gonna hurt you bad
Called out your name, but you didn't answer back

I searched the house to find out what was wrong
Like a ton of bricks, it hit me you were gone

[Repeat Chorus]

[Bridge]

All along I knew that there was something missing
And only one thing left to do
I had to leave behind this life that we'd been living
But the only thing that left was you

[Second Chorus]

It's gonna make it hard to tell you that I'm leaving
Now that I know just how much you care
You finally gave me one good reason not to go
But being alone is my worst fear
And staying here is my worst fear

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6 Emotional Defenses to Threat

Relational Movement

Attack → ←

Abandonment ↗

Love ←



Fight Response

Anger

Jealousy

Contempt



Flight Response

Fear

Despair

Shame



Growing in Awareness Series: 6 Emotional Defenses to Threat

Your dark emotions are much more than just uncomfortable feelings you struggle to control. They are windows into your heart. These emotions—the ones you tend to deny and hide—actually have something to tell you. They can reveal, in a very graphic way, where you are in your relationship with God. So often you find yourself caught between extremes—either you feel too much or not at all. You tend to ignore your feelings or fight them off as if they were an enemy. But all emotion—whether positive or negative—can give you a glimpse of the true nature of God, bring awareness to your cry for help and your need for God himself.

Bad Fear – A Damaging Anxiety!

Isaiah 30:17; Psalm 22:12,13

FEAR: What are you afraid of?

1. **LACK OF CONTROL** > All of us fear what we cannot control! All fear involves the threat of danger.
2. **THREAT** > Fear is the reaction to the threat of life-threatening news, physical pain or harm. Forms that fear takes are worry, nervousness, and distress. What triggers fear? Worry and fear are first cousins. They vary in intensity but are both forms of the same emotion.
3. **UNCERTAINTY** > Fear is your response to uncertainty about your resources in the face of danger, when you are assaulted by a force that overwhelms you and compels you to face that you are helpless and out of control. Fear is provoked when the threat of danger (physical or relational) exposes your inability to preserve what you most deeply cherish.
4. **DEATH** > The ultimate threat is separation and death. At the heart of the fear of death is the terror of separation. Death is the ultimate experience of loneliness. Any form of death has the potential to evoke great fear (Psalm 30:9-10).

FEAR: What is the Key?

1. **Human** > Fear is basic to you being human.
2. **NEED** > Fear exposes your struggle with your deepest allegiance: it all boils down not to whether you fear, but what and whom you fear.
3. Consider the Bible's instruction:
 1. Psalm 27:3 > "Though an army ... I will not fear!"
 2. Psalm 46:2-3 > "Though the earth give way ... I will not fear!"
 3. Isaiah 35:4 > "Those with fearful hearts ... Do not fear, God will come!"
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 5. Romans 8:15 > "You are not a slave to fear ... You are a son!"
 6. I John 4:18 > "There is no fear in love!"

FEAR: “I feel helpless and I want to run!”

1. **DANGER** > Danger exposes your impotence to preserve what matters most to you: YOUR HAPPINESS!
2. DANGER: **People**! From birth to death you are bombarded by the presence and power of others. You are not free, at least not in the sense of being able to make choices that are unaffected by others. You are unable to break free of culture, personal history, relationships, genetic makeup, or life’s daily demands for basic survival.
3. DANGER: **Failure**! I fear that my incompetence will finally be discovered and I will be dragged into the public square and judged. My work is evaluated and I am humiliated.
4. Solution: **CONTROL**! I want control. But, that will never happen. My fears warn me that I am helpless. Therefore, the only solution seems to be to run!

FEAR: “I will run!”

1. **STRATEGY** > Fear is the strategy of flight: the flip side of anger. Both are responses to threat and danger. Anger attacks the threat; fear withdraws from it.
2. **RESPONSE** > You respond in flight with you view the danger as being greater than your resources and determine that self-preservation is a higher good than engagement with the danger.
3. **HELPFUL** > Fear can function as a warning light when danger is near. It can function to keep ourselves from harm. Fear does serve a purpose. Fear warns you to take precautions, to hold back from certain people and situations.
4. **OBSESSIVE** > Fear can turn very dark—it can become obsessive. Fear can become overwhelming. Fear can distort reality—it can cause you to think less of yourself. Fear can also distort your perception of the nature of the dangers facing you (Numbers 13:26-33).

ACTION: Journal This!

1. What do you fear?
2. What do you want to control?