



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– Good Fear – Fear Can Be Your Friend.

Summary: A Man understands that fear can lead him to Jesus!

MUSIC: YouTube = You've Got A Friend By: James Taylor – 4:28. <https://www.youtube.com/watch?v=AIS-Ru>

Video Clips: YouTube = Motivational and inspirational part form 4 minute mile movie - <https://www.youtube.com/watch?v=kuMNyYKrInQ>

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

Good Fear – Fear can be your Friend!. - Proverbs 1:7 (ESV); Psalm 55

FEAR: Which Direction Will You Go?

1. Fear evokes _____. David, in Psalm 55, shows us how to embrace fear and move toward God.
 1. Psalm 55:4-5 > describes the condition of his heart.
 2. Psalm 55: 6-8 > all his impulses tell him to flee.
 3. Psalm 55:9-11 > he speaks of an enemy.
 4. Psalm 55:12-14 > a friend had betrayed him.
 5. Psalm 55:17-19 > David knows that God hears his him.
 6. Psalm 55:20-21 > a close friend had violated David's trust and hurt him badly.
2. One of the greatest pains of life is _____. One such friend and close companion of David was Ahithophel, the wise man, who turned against him and offered advice to Absalom (II Samuel 15:30-31; 16:15-17:29).
3. David's desire is _____. David does take flight, but not to the wilderness. Instead, he flees to God. After acknowledging his fears, he turns to God and lays out his problems before Him.

FEAR: Change the Paradigm.

1. _____. Men are often reluctant to admit being afraid because they believe that their fears are wrong or bad. Jesus provides a model in the Garden of Gethsemane (Matthew 26:38). Jesus pleaded to escape the horror of His Father's assault and abandonment, praying that "this cup be taken from me." This cup is the "cup of wrath" (Psalm 75:8). Out of fear, Jesus was asking to escape the cross. Jesus model in the garden "sweating blood" as He anticipated death by crucifixion invites you to be afraid without being wrong (Hebrews 2:14-18; 4:14-16).
2. _____. Does it drive you to protect yourself, or does it drive you to God, as your protector? Jesus did not fear human beings. Neither did He fear excruciating physical pain. He feared the loss, the assault, the anger, the rejection of His Father: Jesus feared God. Fear of the world drives you away from God. Jesus' fear in the garden drove Him to His Father.

FEAR: What Does the Fear of God look like?

1. God wants to instill in you "_____." (Psalm 147:11:111:10; Luke 12:4,5).
2. _____. If you avoid your fear, it will turn dark and destructive. Fear faced is a heart exposed. The stronger the fear, the greater the clarity regarding the object of your fear.
3. Fear clarifies _____. Do you fear the world or do you fear God? Fear of the world always relates to the potential death of your agenda. Most of your fears arise out of your demand to gain a degree of pleasure, honor, meaning, and joy in a world that more often hands you pain, shame, chaos, and sorrow. The fear of the world is a preoccupation with "what will they do to me."
4. To fear God is to know that a moment of existence without Him is _____.
5. To fear God is to fear His intense, radically other-centered _____. Perfect love casts out fear. We are terrified of love because it is so alien and unknown.
6. To fear God is to be anxious and eager to _____. It means to build your life around the call of being His bride, to anticipate the pleasure of love and the aroma of passion. To fear God is to be consumed with His presence (Isaiah 57:11).

FEAR: An Invitation to Grow!

1. _____ > Allow God to transform your fearfulness by first, acknowledging your fears.
2. _____ > Secondly, you must be willing to struggle with your worry. This is in contrast to those they say, “simply trust Jesus and your worries will disappear.” Only after you struggle will you experience lasting peace (Psalm 131).
3. _____ > Thirdly, Through Scripture and prayer, remember God’s power and His marvelous acts of past help.
4. _____ > Fourthly, move out into the world—engage! You may feel pressure to retreat to a safe place where there is no hurt. But keep in mind that the safe places, those with no hurt, are also places with no joy. The fear of God trumps the fear of the world!

ACTION: Journal This!

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

Bible Verses

YOU'VE GOT A FRIEND

By James Taylor

When you're down and troubled and you need a helping
hand and nothing, whoa, nothing is going right.
Close your eyes and think of me and soon I will be there
to brighten up even your darkest nights.

You just call out my name, and you know where ever I am
I'll come running to see you again.
Winter, spring, summer, or fall, all you have to do is call and
I'll be there, yeah, yeah,
you've got a friend.

If the sky above you should turn dark and full of clouds
and that old north wind should begin to blow,
keep your head together and call my name out loud.
Soon I will be knocking upon your door.
You just call out my name, and you know where ever I am
I'll come running to see you again.
Winter, spring, summer, or fall, all you have to do is call and
I'll be there.

Hey, ain't it good to know that you've got a friend? People
can be so cold.
They'll hurt you and desert you. Well, they'll take your soul if
you let them,
oh yeah, but don't you let them.

You just call out my name, and you know where ever I am
I'll come running to see you again.
Winter, spring, summer, or fall, all you have to do is call,
Lord, I'll be there, yeah, yeah,
you've got a friend. You've got a friend.
Ain't it good to know you've got a friend. Ain't it good to
know you've got a friend.
Oh, yeah, yeah, you've got a friend.

Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl.

Licensed Marriage & Family Therapist & Licensed Professional Counselor

Email: phil@bpointl.org

Webpage: www.bpointl.org

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

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Good Fear – Fear can be your Friend!.

Proverbs 1:7 (ESV)

Psalms 55

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2. One of the greatest pains of life is to be betrayed by a Good Friend. One such friend and close companion of David was Ahithophel, the wise man, who turned against him and offered advice to Absalom (II Samuel 15:30-31; 16:15-17:29).
3. David's desire is to flee far away from danger. David does take flight, but not to the wilderness. Instead, he flees to God. After acknowledging his fears, he turns to God and lays out his problems before Him.

FEAR: Change the Paradigm.

1. **Not All Fear is Wrong!** Men are often reluctant to admit being afraid because they believe that their fears are wrong or bad. Jesus provides a model in the Garden of Gethsemane (Matthew 26:38). Jesus pleaded to escape the horror of His Father's assault and abandonment, praying that "this cup be taken from me." This cup is the "cup of wrath" (Psalm 75:8). Out of fear, Jesus was asking to escape the cross. Jesus model in the garden "sweating blood" as He anticipated death by crucifixion invites you to be afraid without being wrong (Hebrews 2:14-18; 4:14-16).
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3. Fear clarifies who and what you serve. Do you fear the world or do you fear God? Fear of the world always relates to the potential death of your agenda. Most of your fears arise out of your demand to gain a degree of pleasure, honor, meaning, and joy in a world that more often hands you pain, shame, chaos, and sorrow. The fear of the world is a preoccupation with “what will they do to me.”
4. To fear God is to know that a moment of existence without Him is HELL.
5. To fear God is to fear His intense, radically other-centered love. Perfect love casts out fear. We are terrified of love because it is so alien and unknown.
6. To fear God is to be anxious and eager to greet Him. It means to build your life around the call of being His bride, to anticipate the pleasure of love and the aroma of passion. To fear God is to be consumed with His presence (Isaiah 57:11).

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ACTION: Journal This!

1. When is fear good?
2. What do you want those you love to fear?
3. How is fear a good thing for you Today?