

Relational Movement	Fight Response	Flight Response
Attack → ←	Anger	Fear
Abandonment →	Jealousy	Despair
Love ←	Contempt	Shame
		

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

ABANDONMENT – Redemptive Despair—Hope Restored!

Summary: A Man understands that God will abandon him in order to build a real, intimate relationship with him.

Bible Verses: Psalm 77, Jeremiah 7:4, Psalm 30, Hebrews 2:18, Hebrews 4:15.

Music: "Bound for Glory" by Tedeschi Trucks Band

Video: Unbroken – Race for Life

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

July 14, 2016

RESPONSE TO ABANDONMENT: Honest Struggle.

- _____ is a flight from desire; it is a refusal to embrace loss as a deepening of the hollowness that makes more room for God. Despair refuses to dream, to hope, and to move with courage toward what you will one day become. It flees to an illusory safe harbor where, isolated, it holds onto whatever pleasure comes from the fantasy of nonexistence. Ungodly despair demands an answer for loss, it would refuse to accept an answer even it were hand-delivered by God.
- _____ is the collapse of self-will; it is the surrender to a reality of becoming that you are powerless to consummate but in which you are granted an opportunity to play a part. Godly despair cries out for a perspective but allows the hollowness of loss to move the heart to seek God.
- _____ > Memory in the Bible is not just thought; it includes imagination. It is the borrowing of "history" as a picture of our current story (Psalm 74:1-3). Memory is a creative borrowing of the past as a template of what you hope for the present. To remember the past is to reshape the present with desire and hope.

ABANDONMENT: Redemptive Journey!

- _____ > God will abandon you in order to shatter your illusions and then lead you to a deeper relationship with Him. He will not let you wallow in the mediocrity of complacency or self-pity (Jeremiah 7:4; Psalm 30).
- Hope has two goals:
 - _____, or horizontal hope, is the confident desire that things are going to get better in this life.
 - _____ is a vision of redemption in the midst of decay. Its source is in God, and its focus is that you will become more and more like Him and that you will always be with Him.
- _____ is a vision of redemption in the midst of decay. Heavenly Hope transcends even death, because you know that death does not sever your relationship, nor can loss keep you from becoming like God.
- _____ or _____ > Apart from heavenly hope, earthly hope has only one destination: inevitable disappointment. As you live in a world created beautiful, but tainted by human sin, you have a choice—despair or God. Despair is seasonal. It is God's severe mercy for a time, not a chronic condition of every moment of life.

ABANDONMENT: Redemptive Despair of Christ.

- _____ > Jesus experienced the fallen world with sadness. He suffered when He was tempted in every way, just as you are (Hebrews 2:18; 4:15).
- _____ > Jesus bore the full weight of the curse, accomplishing His labor with the sweat of His brow to the point of sweating blood. He was in agony, and He came to His friends for communion. But He found His friends asleep—perhaps because they were exhausted with sorrow (Matthew 26:36-46; Luke 22:39-46).
- _____ > Jesus felt the pain of abandonment by God, His Father (Psalm 22; Matthew 27:45-47). Jesus' pain and distress were incomprehensible. God's abandonment and Jesus' consequent intense loneliness and despair were very real.

ABANDONMENT: Transformation of Despair!

- Jesus embraced the _____ > He gave you a model for embracing loss and the assurance that you are not alone in facing it, but, more importantly, it transforms all human suffering. Jesus felt the loss of his friend, Lazarus. He wept over his friend's death because He understood that death was real and severed relationships and dashed hope.
- All loss is _____ > Jesus model will never allow you to see human suffering as merely accidental or incidental to life. Jesus, perfectly mature as the sinless man, became perfect and mature through suffering (Hebrews 2:9-10).

3. _____ > Loss, sorrow, and despair invite you to seek out your friends, even when they "slumber in denial." Sharing your despair in community is to hear the laughter of heaven, the sound that transforms despair into a gift of hope. It is a taste of the presence of God.

ACTION: Journal This!

1. What is your present loss, sorrow, or despair?
2. What is your greatest loss, sorrow, or time of despair?
3. How have you grown through loss, sorrow, or despair?

Bible Verses

Psalm 77

I yell out to my God, I yell with all my might, I yell at the top of my lungs. He listens. I found myself in trouble and went looking for my Lord; my life was an open wound that wouldn't heal. When friends said, "Everything will turn out all right," I didn't believe a word they said. I remember God - and shake my head. I bow my head - then wring my hands. I'm awake all night - not a wink of sleep; I can't even say what's bothering me. I go over the days one by one, I ponder the years gone by. I strum my lute all through the night, wondering how to get my life together. Will the Lord walk off and leave us for good? Will he never smile again? Is his love worn threadbare? Has his salvation promise burned out? Has God forgotten his manners? Has he angrily stalked off and left us? "Just my luck," I said. "The High God goes out of business just the moment I need him." Once again I'll go over what God has done, lay out on the table the ancient wonders; I'll ponder all the things you've accomplished, and give a long, loving look at your acts. O God! Your way is holy! No god is great like God! You're the God who makes things happen; you showed everyone what you can do - You pulled your people out of the worst kind of trouble, rescued the children of Jacob and Joseph. Ocean saw you in action, God, saw you and trembled with fear; Deep Ocean was scared to death. Clouds belched buckets of rain, Sky exploded with thunder, your arrows flashing this way and that. From Whirlwind came your thundering voice, Lightning exposed the world, Earth reeled and rocked. You strode right through Ocean, walked straight through roaring Ocean, but nobody saw you come or go. Hidden in the hands of Moses and Aaron, You led your people like a flock of sheep

Jeremiah 7:4

Don't for a minute believe the lies being spoken here - "This is God's Temple, God's Temple, God's Temple!"

Psalm 30

I give you all the credit, God - you got me out of that mess, you didn't let my foes gloat. God, my God, I yelled for help and you put me together. God, you pulled me out of the grave, gave me another chance at life when I was down-and-out. All you saints! Sing your hearts out to God! Thank him to his face! He gets angry once in a while, but across a lifetime there is only love. The nights of crying your eyes out give way to days of laughter. When things were going great I crowed, "I've got it made. I'm God's favorite. He made me king of the mountain." Then you looked the other way and I fell to pieces. 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!" You did it: you changed wild lament into whirling dance; You ripped off my black mourning band and decked me with wildflowers. I'm about to burst with song; I can't keep quiet about you. God, my God, I can't thank you enough.

Hebrews 2:18

he would have already experienced it all himself - all the pain, all the testing - and would be able to help where help was needed.

Hebrews 4:15

We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all - all but the sin.

Bound for Glory – Tedeschi Trucks Band

Tell your story
Roll the truth around your head
Bound for glory
I ain't getting out of this bed
The sun comes struggling on
Yesterday's dead and gone

Tell your story
Put the night back in your veins
Bound for glory
I ain't coming to again
The sun comes struggling on
Yesterday's dead and gone

And I feel I'm bound for glory
Dreaming in a cowboy song
I feel I'm bound for glory

Can you feel it?
Bound for glory!
Can you feel it?
Glory bound!
Can you feel it?
Bound for glory!

Tell your story
Roll the truth around your head
Bound for glory

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[x2]

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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

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**ABANDONMENT:
REDEMPTIVE DESPAIR—HOPE RESTORED!**

Psalm 77

RESPONSE TO ABANDONMENT: Honest Struggle.

1. **Ungodly despair** is a flight from desire; it is a refusal to embrace loss as a deepening of the hollowness that makes more room for God. Despair refuses to dream, to hope, and to move with courage toward what you will one day become. It flees to an illusory safe harbor where, isolated, it holds onto whatever pleasure comes from the fantasy of nonexistence. Ungodly despair demands an answer for loss, it would refuse to accept an answer even it were hand-delivered by God.
2. **Godly despair** is the collapse of self-will; it is the surrender to a reality of becoming that you are powerless to consummate but in which you are granted an opportunity to play a part. Godly despair cries out for a perspective but allows the hollowness of loss to move the heart to seek God.
3. **Memory is Critical** > Memory in the Bible is not just thought; it includes imagination. It is the borrowing of “history” as a picture of our current story (Psalm 74:1-3). Memory is a creative borrowing of the past as a template of what you hope for the present. To remember the past is to reshape the present with desire and hope.

ABANDONMENT: Redemptive Journey!

1. **Abandon by God** > God will abandon you in order to shatter your illusions and then lead you to a deeper relationship with Him. He will not let you wallow in the mediocrity of complacency or self-pity (Jeremiah 7:4; Psalm 30).
2. Hope has two goals:
 1. **Earthly hope**, or horizontal hope, is the confident desire that things are going to get better in this life.
 2. **Heavenly hope** is a vision of redemption in the midst of decay. Its source is in God, and its focus is that you will become more and more like Him and that you will always be with Him.
3. **Heavenly Hope** is a vision of redemption in the midst of decay. Heavenly Hope transcends even death, because you know that death does not sever your relationship, nor can loss keep you from becoming like God.
4. **Despair** or **God** > Apart from heavenly hope, earthly hope has only one destination: inevitable disappointment. As you live in a world created beautiful, but tainted by human sin, you have a choice—despair or God. Despair is seasonal. It is God's severe mercy for a time, not a chronic condition of every moment of life.

ABANDONMENT: Redemptive Despair of Christ.

1. **Pain of Abandonment** > Jesus experienced the fallen world with sadness. He suffered when He was tempted in every way, just as you are (Hebrews 2:18; 4:15).
2. **Abandoned by Friends** > Jesus bore the full weight of the curse, accomplishing His labor with the sweat of His brow to the point of sweating blood. He was in agony, and He came to His friends for communion. But He found His friends asleep—perhaps because they were exhausted with sorrow (Matthew 26:36-46; Luke 22:39-46).
3. **Abandoned by God** > Jesus felt the pain of abandonment by God, His Father (Psalm 22; Matthew 27:45-47). Jesus' pain and distress were incomprehensible. God's abandonment and Jesus' consequent intense loneliness and despair were very real.

ABANDONMENT: Transformation of Despair!

1. Jesus Embraced the Pain of the World > He gave you a model for embracing loss and the assurance that you are not alone in facing it, but, more importantly, it transforms all human suffering. Jesus felt the loss of his friend, Lazarus. He wept over his friend's death because He understood that death was real and severed relationships and dashed hope.
2. All loss is BOUND FOR GLORY > Jesus model will never allow you to see human suffering as merely accidental or incidental to life. Jesus, perfectly mature as the sinless man, became perfect and mature through suffering (Hebrews 2:9-10).
3. Live in Community > Loss, sorrow, and despair invite you to seek out your friends, even when they "slumber in denial." Sharing your despair in community is to hear the laughter of heaven, the sound that transforms despair into a gift of hope. It is a taste of the presence of God.

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