

# FACING EMOTIONAL PAIN



## WRONG DECISION

*Depending on self  
and your resources*

- Unbelief; doubt God
- Pride; selfishness
- Fear; anxiety
- Self-oriented goals
- Disobedient life
- Blame others, anger
- Suppression; denial
- Fantasy
- Detachment; busyness
- Bitterness, self-pity, depression
- Manipulation, control
- Escapes to find relief

**Protect your own kingdom**

**Results: hopeless, unrest**

- Focused on self/circumstances
- Bondage to self
- Further frustration; depression
- Lack of growth
- Sinful attitudes
- Lack of spiritual fruit; bad fruit
- Broken relationships

**Your kingdom crumbles**

## RIGHT DECISION

*Turning to God  
and His resources*

- Believe in, rely on God
- Humility, love others
- Trust His promises
- Pursue God's goals
- Obey out of love
- Forgive; respond graciously
- Accept God's plan
- Focus on God's truth
- Pursue fellowship
- Give thanks in all things
- Yielding; surrendering
- Face pain with God's help

**Live for God's Kingdom**

**Results: hope in God, rest**

- Focused on God/others
- Set free from self
- Peace and joy in the pain
- Maturity
- Christ-like attitudes
- Fruit of the Spirit; love
- God-honoring relationships

**God's Kingdom grows**

4 APPROACHES  
TO A PROBLEM  
#1, #2 & #3

4 APPROACHES  
TO A  
PROBLEM #4