



FACING EMOTIONAL PAIN



UNBIBLICAL 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

BIBLICAL 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
- Yield; surrender
- 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:
APPROACH
#1, #2 & #3

4 APPROACHES
TO A PROBLEM:
APPROACH #4