



"Triumphant In Christ, Victorious In Life"

**TWCC Teaching Handout: Growing Your Pain Threshold – 2/28/2018**

**Hebrews 2:9 – 10 (NKJV)** – *"But we see Jesus, who was made a little lower than the angels, for the **suffering** of death crowned with glory and honor, that He, by the grace of God, might taste death for everyone.<sup>10</sup>For it was fitting for Him, for whom are all things and by whom are all things, in bringing many sons to glory, to make the captain of their salvation perfect through **sufferings**."*

**1 Peter 5:5 – 10 (NKJV)** - *<sup>5</sup>Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, But gives grace to the humble."<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup>casting all your care upon Him, for He cares for you. <sup>8</sup> Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. <sup>9</sup> Resist him, steadfast in the faith, knowing that **the same sufferings** are experienced by your brotherhood in the world. <sup>10</sup> But may the God of all grace, who called us to His eternal glory by Christ Jesus, **after you have suffered** a while, perfect, establish, strengthen, and settle you.*

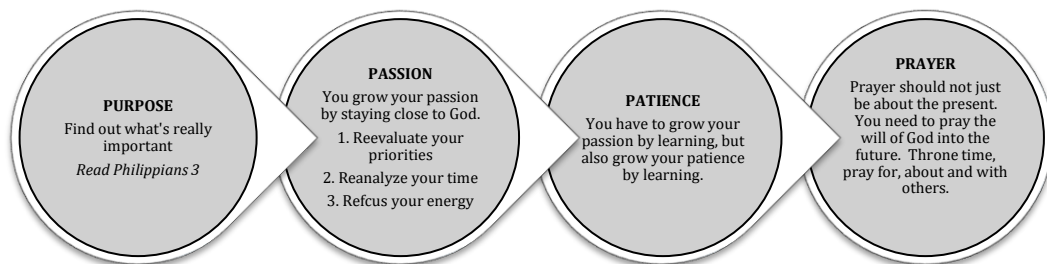
- **Suffer / Sufferings** = (Greek – *pathêma* = something undergone, i.e. hardship or **pain**; subjectively, an **emotion** or influence.)
- **PAIN** = the suffering of (1) *Persecution* (from People) (2) *Pressure* [of circumstances] (3) *Peril* (Danger) and (4) *Problems* [*Persecution* = the public or private backbiting; criticizing; ostracizing; castigation; threats; hostile pursuit of intimidation or harassment by others.]
- Key questions to ask yourself...
  - Q. Do you want to be a better leader? A. \_\_\_\_\_ the threshold of your pain.
  - Q. Do you want our Church (TWCC) to grow or your personal business to reach higher goals? A. Reluctance to face \_\_\_\_\_ is your greatest limitation.
- **THERE IS NO GROWTH WITHOUT CHANGE, NO CHANGE WITHOUT LOSS, AND NO LOSS WITHOUT PAIN. YOU'LL GROW ONLY TO THE THRESHOLD OF YOUR PAIN.**

**GROWING YOUR PAIN THRESHOLD:**

**1 Corinthians 10:13 (NLT)** – *"The temptations in your life are no different from what others experience. And **God is faithful**. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."*

- During tense, turbulent or troubling times in our lives, God is faithful to provide a: (1) A \_\_\_\_\_ OF ESCAPE (Reframe & Refocus - to avoid yielding to the temptation to sin) and (2) A \_\_\_\_\_ BACK (Repentance – from disobedience, rebellion and sin).
- AS A LEADER IN YOUR HOME, ON YOUR JOB, IN YOUR BUSINESS OR IN CHURCH AND MINISTRY – ONE OF THE THING THAT YOU DEAL WITH IS THE ISSUE OF GROWTH.
  - You know yourself and \_\_\_\_\_ yourself and others.
- **Ephesians 4:15 – 16 (NLT)** – *"<sup>15</sup> Instead, we will speak the truth in love, **growing** in every way more and more like Christ, who is the head of his body, the church. <sup>16</sup> He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts **grow**, so that the whole body is healthy and **growing** and full of love."; **2 Peter 3:18 (NLT)** – *"Rather, you must **grow in the grace** and **knowledge** of our Lord and Savior Jesus Christ."**
- Remember, growth is messy and some people only grow to *the size of their problems* and not to *the level of their potential*. And, if you are growing, then more people will dislike something that you're doing.
- The changes, transitions and growth tend to draw out the critics and complainers. So, if you're a sensitive soul to the point that it bothers you, you will need to grow your pain threshold. There will be more opportunities to feel pain.
- **It is easy to become emotionally drained, spiritually depleted, and physically fatigued. When those kinds of things start to happen, there are three characteristics that are the danger zone for people in ministry.**

- (1) Everything becomes a problem.
- (2) There is a hesitancy to reach out because of the number of times you've reached out and somehow your good intentions were abused.
- (3) You are just going through the motions.
- **NOTE:** These three symptoms describe "*the pain threshold*".
- **Growing your pain threshold involves (4) four areas:**
  - (1) **PURPOSE** – Why do you do what you do? Your purpose must be **expanding**. - *Without purpose, the day-to-day stuff, stress and situations alone will crush you.*
  - (2) **PASSION** – For whom do you do what you do? Your passion must be **growing**. - *Without passion, your problems and life will overwhelm you.*
    - **Bible Passion Principle: Read Colossians 3:23 – 24 (NKJV)** (Passion = extreme zeal; fervency; strong conviction; devotion)
    - The Lord will make our PASSION like a magnet, if we make Him our PASSION. Make your PASSION your paycheck! PASSION will move men beyond themselves, beyond their shortcomings, and beyond their failures.
    - **Passion about nothing is like pouring gas in a car with no wheels.**
  - (3) **PATIENCE** – How long do you do what you do? Your patience has to be able to **stretch**. - *Without patience, the little things will eat away at you.*
    - Your patience (cheerful endurance) must be larger than your frustration.
    - **Learn to rejoice; Let love dominate your thoughts, words and actions.**
  - (4) **PRAYER** – How do you do what you do? Your prayer must **increase**. - *Without prayer, life and leading courageously is bigger than you.*
    - **It's a mismatch. Life will tower above you and there will be no way to defend yourself aside from prayer.**



**THREE P'S OF MINISTRY**

- Reference 1 & 2 Timothy
- (1) Purpose (2) Price (3) Profit

Biblical Leader	Scripture	Text	Reality and Response to Pain
Elijah	1 Kings 19:4 (NKJV)	"And he prayed that he might die."	He had had enough.
Asaph	Psalm 77:3	"...I complained, and my spirit was overwhelmed."	He was overwhelmed.
Paul	Acts 20:23-24	"...bonds and afflictions abide me. But none of these things move me..."	Trouble tried to get in the way of his motivation

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