



"Triumphant In Christ, Victorious In Life"

TWCC Teaching Handout: **Understanding Your Pain Threshold – Part 2** – 2/21/2018

Read Psalm 34:19; John 16:33; Romans 8:17-18, 35; 2 Timothy 3:1,12; 1 Peter 1:3 – 9; 1 Peter 4:12 – 16; 1 Peter 5:10

LEADERSHIP PAIN: THE CLASSROOM FOR GROWTH

- **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.
- **POINT OF TRUTH: The REALITY of PAIN is inevitable, but the RESPONSE to PAIN is our CHOICE.**
- **RESPONSE TO PAIN CHOICES:**
 - (1) **Curse the pain** – we become a BLAMER; (We accuse and transfer blame for any and everything on others; we live with misguided expectations of pain.)
 - (2) **Nurse the pain** – we become BITTER; (A victim not a victor; incessantly angry, upset all the time and constantly irritable.)
 - (3) **Rehearse the pain** – we BATTER and BRUISE ourselves; (Hurting people hurt other people; you easily burnout and mentally and emotionally breakdown due to self-afflicting, self-sabotaging and self-defeating behavior.)
 - (4) **Reverse the pain** – we become BETTER; (Through the *empowerment* of God's grace and the *exercise* of your faith you walk through and work through the pain with cheerful endurance, perseverance, mental positivity and power.)
- 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.**
- **Bottom line:** *If you're not hurting, you're not leading.* We must embrace pain and burn it as fuel for our journey. – Kenji Miyazawa
- **Some things to learn about PAIN:**
 - (1) The longer I avoid a problem, the bigger it generally becomes. If I summon the courage to endure small amounts of pain and do what's right early, I will avoid larger doses of pain later.
 - (2) _____ is a part of progress. Anything that grows experiences some pain. If I avoid all pain, I'm avoiding growth.
 - (3) Often the difference between where I am and where God wants me to be is the _____ I'm unwilling to endure.
 - (4) Doing what's right, no matter how difficult, is a rare trait in ministry, life and leadership. Most choose easy. We must choose _____ over easy.
 - (5) Every leader feels pain. In fact, leadership – all leadership – is a magnet for _____, which comes in many forms.
 - (6) Pain is no evil, unless it conquers us.
 - (7) Pain isn't the enemy. The inability or unwillingness to face _____ is a far greater danger.
 - (8) For pastors and all other leaders, ignoring _____ is leadership leprosy. It may promise the short-term gain of avoiding discomfort, but it has devastating long-

- term consequences.
- (9) Making friends with your _____ is part of leadership. Our pains tell us we're moving in the right direction.
- (10) New pains will always be a part of your life as you continue climbing the ladder to your destiny.
- (11) If we see _____ as only an unwelcome intruder, we'll fail to ask the right questions, and our heartache will be wasted.

UNDERSTANDING YOUR PAIN THRESHOLD:

- Life, business and ministry are _____ **CHALLENGING**, and our ability to manage those EMOTIONS creates boundaries that influence our life, business and ministry.
- **Principle to Glean and Grow from: Ministry grows to the level of your _____ THRESHOLD. 1 Corinthians 10:13 (MSG)** – *“No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; He'll never let you be pushed past your limit; He'll always be there to help you come through it.”*
 - Everyone has a pain threshold. Pain creates its own barriers.
 - Pain problems cause us to lose our perspective. Pain creates distortion towards:
 - **Ourselves:** I'm not doing any good; failure becomes my identity.
 - **Others:** I seek isolation because people are nothing but problems. If I let anyone close; they will hurt me.
 - **God:** I must not be called, or I would be doing better than this. But even more importantly, I feel like God doesn't even care.

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)** – *“¹⁵ 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. ¹⁶ 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.”*
- **Some things that contribute to growth or to the blockage of growth:**
 - (1) Facilities (2) Ministry model [our ministry model determines who we are going to draw] (3) The congregational mindset [most people who walk into churches enter with one mindset: What will this church do for me? And, as long as we let that mindset be the main mindset, then our church will become nothing more than a place where we serve the saints instead of a place where the saints learn how to serve. (4) Community dynamics (5) Staff competence [losing the big picture, being spiritual lazy and loose with morals] (6) The pastor's or leaders heart [putting limits on growth, increase and expansion; placing a mental cap; settling for less and little] and (7) Relevance [being able and equip to address today's needs while maintain an external focus and perspective].
- **POINT OF TRUTH:** Every *ministry*, every *marriage*, every person in *management* and *leadership* needs input, but that's different than critiquing. If your critiquing exceeds your commitment, then that's usually just criticism. **NEVER CRITIQUE DISPROPORTIONATELY TO YOUR COMMITMENT LEVEL, BECAUSE THAT'S WHEN YOU'VE USUALLY CROSSED**

THE LINE.

- 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: Colossians 3:23 – 24 (NKJV)** – “²³ And whatever you do, **do it heartily, as to the Lord** and not to men, ²⁴ knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.” (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.**
 - **TWCC Prayer Goal:** Lay a solid Prayer Foundation; a house of prayer; a focused and functioning prayer ministry; pray first and pray always!
 - **TWCC Prayer Priority and Mandate:** 1st – *Country* Mandate; 2nd – *County/State* Mandate; 3rd – *City* Mandate; 4th – *Community* Mandate; and 5th – *Church* Mandate. (**1 Timothy 2:1 – 8**)

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