



"Triumphant In Christ, Victorious In Life"

TWCC Teaching Handout: **Growing Your Pain Threshold - Part 2** - 3/7/2018

**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."

**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."

- 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.*
    - Without purpose, pretty-soon the day-to-day stuff will \_\_\_\_\_ you, and you will totally lose sight of why you were doing what you're doing. Life will go out of it, and your strength will be lost.
    - **Three D's that Diminish Purpose:**
      - (1) **Dread or Drudgery of Day-To-Day Duties/Details:** (phone calls, emails, text messages, meetings, conflicts and communication issues) - (**Philippians 2:5; 1 Corinthians 2:16; 2 Timothy 1:7**) - **MUST STAY FRESH, FOCUSED AND FAITHFUL IN OUR THINKING!**
      - (2) \_\_\_\_\_. Its purpose is the take you away from your purpose. It is the destruction of your dream in slow motion.
        - The reason we struggle to find out our \_\_\_\_\_ is that there are so many thing crying for our \_\_\_\_\_ in life.
      - (3) \_\_\_\_\_. (this are life's or ministry's unexpected interruptions of the normal course of unity; it means to be thrown into disorder).
    - **Rules of Disruption (Dealing with The Unexpected)**
    - \_\_\_\_\_: **You have to face it.**
      - It will \_\_\_\_\_.
        - It will happen \_\_\_\_\_.
        - It will happen \_\_\_\_\_.

- It will create \_\_\_\_\_ upheaval.
  - It will escalate existing \_\_\_\_\_ fault lines.
  - It will emotionally push you to an \_\_\_\_\_.
- It will be \_\_\_\_\_ sensitive.
  - It will change the \_\_\_\_\_.
  - It will make you \_\_\_\_\_; what can you let go?
- It will require \_\_\_\_\_.
- It will demand \_\_\_\_\_.
- \_\_\_\_\_: **Live by them.**
  - Create \_\_\_\_\_.
    - There will be times when you \_\_\_\_\_ get one.
    - Doing \_\_\_\_\_ is doing something.
    - Breaks today determine what \_\_\_\_\_ tomorrow.
  - Get \_\_\_\_\_.
    - If you are not \_\_\_\_\_, you are behind.
    - If you are not \_\_\_\_\_-prepared, you are under-prepared.
  - Go to \_\_\_\_\_.
    - \_\_\_\_\_ from everyone.
    - \_\_\_\_\_ to stories
    - \_\_\_\_\_ and store away.
  - Stay \_\_\_\_\_.
    - You don't get to \_\_\_\_ and scream.
    - \_\_\_\_\_ the moment.
  - Put the \_\_\_\_\_ people at the table.
    - \_\_\_\_\_ do you need to know?
    - \_\_\_\_\_ help do you need?
    - \_\_\_\_\_ needs to know?
  - Control the \_\_\_\_\_ line.
    - Every problem has a \_\_\_\_\_.
    - Sense it and \_\_\_\_\_ it.
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  - \_\_\_\_\_ decisions are a part of the process.
    - Perfect decisions are seldom \_\_\_\_\_.
    - Adjust \_\_\_\_\_.
    - If it's not working, \_\_\_\_\_ it.
  - \_\_\_\_\_ what you can.
    - Don't \_\_\_\_\_ pack.
    - Pick up other people's \_\_\_\_\_.
  - Sometimes \_\_\_\_\_ are needed.
    - Everyone can't know \_\_\_\_\_.
    - Everyone can't know \_\_\_\_\_ everything.
  - God works in \_\_\_\_\_.
    - Don't get \_\_\_\_\_.
    - Don't \_\_\_\_\_ up.
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  - \_\_\_\_\_ is the key: Do what you can and pray about what you can't.
- \_\_\_\_\_: **You are not the first.**
  - Be \_\_\_\_\_. – Abraham
    - Do what others \_\_\_\_\_.
  - Be \_\_\_\_\_. – Moses
    - Become more than \_\_\_\_\_ think you can.
  - Be \_\_\_\_\_. – Joshua

- Step up. Get out of the \_\_\_\_\_.
- Be \_\_\_\_\_. – Jehoshaphat
  - People are \_\_\_\_\_
- Be \_\_\_\_\_. – Nehemiah
- Be \_\_\_\_\_. – Paul
- ALL THESE KINDS OF THINGS WILL PILE UP, AND EVENTUALLY YOU'LL BECOME PREOCCUPIED WITH THE IDEA THAT YOUR LIFE, YOUR MINISTRY, YOUR JOB/BUSINESS, IS AN \_\_\_\_\_, NOT A \_\_\_\_\_.
- If you are not \_\_\_\_\_ what is unimportant, you'll lose all sense of \_\_\_\_\_ in life. Each one of us must \_\_\_\_\_ Christ.
- (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.
  - **If Jesus is speaking to your life, then there's a fire. If there's no \_\_\_\_\_, then you've drifted too far. (Luke 24:32; Romans 12:11)**
  - **Passion about nothing is like pouring gas in a car with no wheels.**
  - *We have to stay close enough to God that we can hear His voice; otherwise, we've wandered too far. We must consider this as a point of truth for learning, that if God has to deliver the message through someone else, then that is usually a sign of \_\_\_\_\_!*
  - **To grow our passion and/or re-ignite our passion: (1) Reevaluate your \_\_\_\_\_; (2) Reanalyze your \_\_\_\_\_ (3) Refocus your energy**
  - IF YOUR GIFT IS GROWING \_\_\_\_\_, THEN IT'S A SIGN THAT YOUR HEART HASN'T BEEN STIRRED.
- (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; Learn the spiritual discipline of forgiving and moving on; Let love dominate your thoughts, words and actions.
  - **5-Points to Learning and Growing in PATIENCE:**
    - (1) *Reflect* on how God responded to you.
    - (2) *Remember* what is at stake.
    - (3) *Realize* that there are few issues worth fighting over.
    - (4) *React* to people by understanding that love is be greater than opinions, and preferences.
    - (5) *Recognize* that God is at work even we don't see it.
- (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.** Authentic, godly leadership begins with \_\_\_\_\_. *Pray first! Pray always! Lead where it counts; if you can't pray for them, you can't \_\_\_\_\_ them.*
  - Most prayer lists are \_\_\_\_\_, and are a result of something that has already happened or is happening.
  - If your prayers are just about present promises, then the Holy Spirit is \_\_\_\_\_ your prayer life; the devil is. With prayer, we \_\_\_\_\_ with events before they even happen.

