



"Triumphant In Christ, Victorious In Life"

TWCC Teaching Handout: **Understanding Your Pain Threshold** – 2/14/2018

**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.

<b>UNDERSTANDING YOUR PAIN THRESHOLD:</b>
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- 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 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 will overwhelm you.*
  - (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.*
  - (4) PRAYER – How do you do what you do? Your prayer must **increase**. - *Without prayer, life and leading courageously is bigger than you.*

**NOTES:**

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