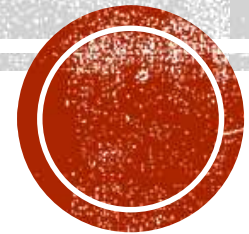


# SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

# THE IMPATIENCE OF FEAR AND WORRY

- Worriers are demanding because fear and anxiety have one timeframe for satisfaction: ASAP. (Matt. 8:23-26)
- Help worriers re-examine their demands: I *need* resolution and I need it *now*.
  - Often, our learned dependence on God and submission to His timeframe is often the much greater “need.”
- Help worriers understand the subtle selfishness that often accompanies worry: what matters is the alleviation of my feeling of anxiety. No questions. No buts. I need immediate cooperation from those around me as I seek relief. (Lk. 10:38-42)



# SOMETIMES ONLY FEAR DRIVES OUT FEAR

- A woman who is afraid of water will cast that fear aside if she sees her child drowning. Sometimes only greater fears drive out lesser fears.
- Help worriers fear the Lord in a way that makes their other fears seem meaningless by comparison (Matt. 10:28; Prov. 29:25)
  - Fear of the Lord: A controlling concern or anxiety for the things of the God.



# WHEN WORRY RACES

- Worry often has an MO: multiply and cycle. Often you will find that worriers are thinking about so many things at once that it is just overwhelming, like an extremely long to-do list that you *must* complete but don't think you can.
  - Scatter-brained worriers pose problems but often don't stick around long enough mentally for attempts at solutions—yours or their own.
  - Help worriers *slow down* and think about next steps and consequences; help them prioritize, compartmentalize and strategize to avoid paralysis.
    - Sometimes the most helpful thing for a racing mind is sleeping (if possible) with the prospect of renewed mental energy awaiting.
- Remember, that anxiety, similar to depression, thrives in schedule breakdown and empty mental space—help shape the path so that worriers don't spend an inordinate amount of time in mental no man's land.



# ALONGSIDING—THE HIGHLIGHTS

- Pray for wisdom and for the Spirit to work as you walk alongside people working through difficult issues.
- Ask good questions
- Practice empathetic listening
  - Summarizing/paraphrasing
- Resist the “answer-giving” approach to helping
  - “this is what you should do, this is what’s wrong”
  - Admit you have no clue if you have no clue and offer to walk with someone as you both seek out other counsel.
- Make sure loving the other person, not “fixing” them, is the top priority.



# **THE DOCTRINE OF THE WORD OF GOD**

- **Module 1: Revelation**
- **Module 2: Canon**
- **Module 3: Transmission and Translation**
- **Module 4: Inspiration**
- **Module 5: Inerrancy and Infallibility**
- **Module 6: Authority and Necessity**
- **Module 7: Clarity and Sufficiency**
- **Module 8: Illumination**

