

PAIN POINTS

Pain points affect your decision points, reducing your ability to succeed in your BattleZONES. Below is a four-step process to help you discover the main pain point in your life. While this is difficult, it is critical to this study. Ask God for His guidance. The goal is to train the pain back to health by using this course as a vehicle for God's Word. Complete as much of this as possible prior to Week 2.

1. DRIVING FORCE: What drives you as a man? **Number/rank the top five.**

- | | | | |
|------------------------------------|---|--|--------------------------------------|
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Image/Identity | <input type="checkbox"/> Money | <input type="checkbox"/> Performance |
| <input type="checkbox"/> Pleasure | <input type="checkbox"/> Power/Control | <input type="checkbox"/> Prove someone wrong | |
| <input type="checkbox"/> Success | <input type="checkbox"/> Status | <input type="checkbox"/> Other _____ | |

2. When you were a boy, who or what did you aspire to be? In other words, **what or who captured your heart?**

_____ **Was it Jesus?** Yes No

Most boys or young men do not aspire to be like Jesus because they do not know Him and His incredible masculine-super-hero attributes. What are Jesus' attributes and how do they compete with the worldly attributes you have identified above?

When these driving forces replace your desire to be Christlike or to pursue Christlikeness, there is pain. (Jeremiah 2:13) Conflicting desires, goals and ambitions will always result in pain—which leads to or result in sin. When you pursue things that leave God on the "sidelines"—there is pain.

3. PAIN POINTS: This pain causes you to pursue things that cover the pain. These godless pursuits cause or are driven by PAIN POINTS. **Number/rank your top five PAIN POINTS** listed below:

- | | | |
|---|--|---|
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Broken Relationships | <input type="checkbox"/> Coping with Stress and Worry |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Emotional Stress | <input type="checkbox"/> Family Life and Parenting |
| <input type="checkbox"/> False Front | <input type="checkbox"/> Guilt and Shame | <input type="checkbox"/> Handling Money or Financial Trouble |
| <input type="checkbox"/> Illness | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Managing Relationships (i.e. marriage) |
| <input type="checkbox"/> Low Self Worth | <input type="checkbox"/> Overweight | <input type="checkbox"/> Painful Past |
| <input type="checkbox"/> Sexual Dysfunction | <input type="checkbox"/> Workplace Problems | <input type="checkbox"/> Pressure to Impress Others |
| <input type="checkbox"/> Father Wounds | <input type="checkbox"/> Unforgiveness (Offense) | <input type="checkbox"/> Unacceptance/Hurt/Rejection |

4. These Pain Points cause men to isolate and numb the pain with sin setting up personal BattleZONES. These BattleZONES fall into four distinct ZONES. Look at the Player Assessment for Personal Temptations on the next page. **If you have Internet access take the BattleZONE Challenge to help you through this process. Go to www.battlezoneministries.org and click on the BattleZONE Challenge Button on the right side bar. After you determine your top two BattleZONES write them here:**

1) _____ 2) _____

5. Print BattleZONE Report and/or email to BattleZONE Ministries. Be prepared to finalize your PAIN POINT, BattleZONE and write a goal for this 10-week course.

Click to Take
BZ Challenge



MY GOAL FOR THIS BZ TRAINING COURSE RELATED TO MY PAIN POINT AND BATTLEZONE IS: