

BRINGING THE BIBLE TO LIFE

DISCIPLESHIP CLASSES

Fear and Worry Part 1 & 2

Track IV.5

Track IV.6

Brian Entner





Fear, a Result of the Fall

Disruption of...	Effects Body & Soul
Purity (joy, intimacy)	Guilt, shame, fear , anger
Peace (mind – heart)	Fear , confusion, regret, anger
Pleasure (comfort)	Pain, suffering, anger, fear
Plans (expectations)	Frustration, failure, fear , disappointment, anger
Personal relationships	Isolation, rejection, anger, fear
Provision (ownership)	Loss, fear , hardship, anger
Protection (safety, justice)	Fear , Harm, injury, shame, anger



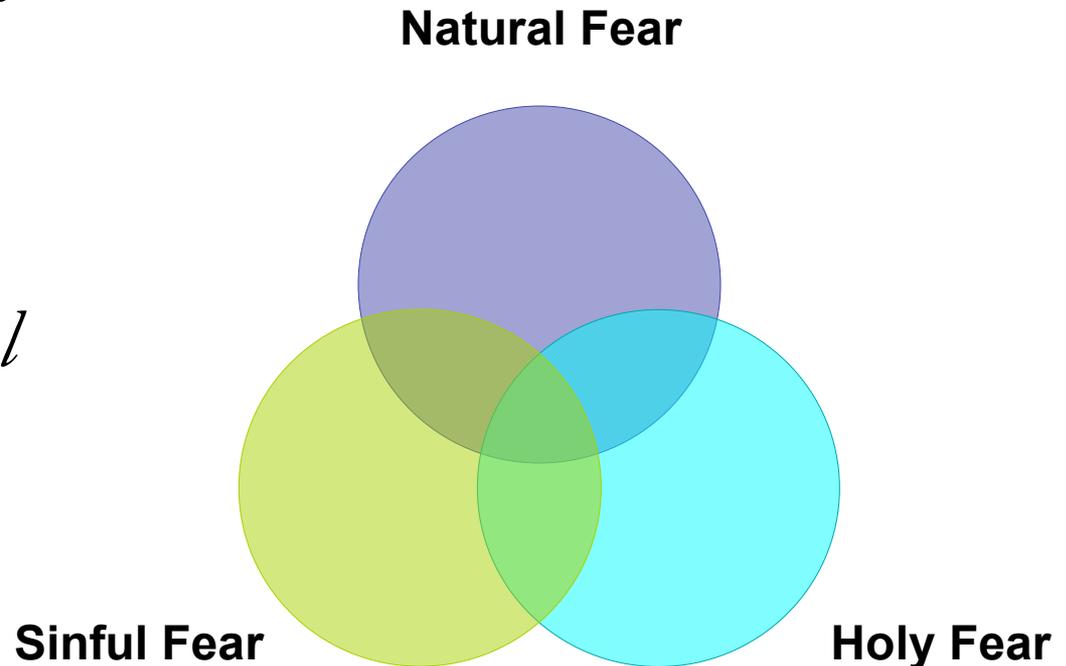
Three Types of Fear

1) Natural fear is a normal passion of the soul

2) Sinful fear is the normal passion of the soul corrupted and perverted,

3) Holy fear is that normal passion sanctified and put to holy use”

John Flavel





Two Types of Natural Fear

Natural

Sinful

Holy

1) Prudence

- keeps us from falling off cliffs
- Keeps us from dangerous circumstances (staying away from evil)

2) Awe – dread, veneration, wonder

- Standing at the foot of Niagara Falls, edge of the Grand Canyon,
- Gazing into a moonless, cloudless sky
- Cleaning up after a hurricane



Examples of Natural Fear

Natural

Sinful

Holy

Abraham was afraid of childlessness (Gen.15)

Jacob was afraid of Esau (Gen.32:7-11)

Manoah was afraid of the angel (Jud.13)

Disciples was afraid of the storm (Mk. 4:40)

Jesus in the Garden - “greatly distressed” (Mk.14:33)

Fear is like anger, it is not always sinful, but can quickly morph into sinful fear.



Fear becomes Sinful...

Natural

Sinful

Holy

- When it becomes greater than the **fear** of God.
- When it becomes greater than the **love** of God.
- When it prevents **obedience** to God (thoughts/actions).
- When it causes you to **disobey** God (thoughts/actions).
- When it prevents the **worship** of God (thoughts/actions).
- When it prevents from **serving** God.
- When it prevents from **F.L.O.W.S** from unbelief.
- When it prevents from loving/serving others.
- Sinful fear fails to fulfill life's purpose, (worship, glorify, please God – Track I.4)



Definition of Fear

Natural

Sinful

Holy

1. A painful emotion or passion excited by an expectation of evil, or the apprehension of impending danger. (Webster's 1828)
2. One's perception of danger produces a "flight-response", Greek word "phobo", root meaning is flight.
3. Fear is "*a whole-person-active response*" (often narrowly described as simply an emotion) that comes from an assessment or perception of impending displeasure, (the experience of something unwanted), harm, danger or evil.



The Progression of Fear

- Develops from an *evaluation*, (**mind**) (perception)
- of a potential threat that will result in an experience of evil or harm
- *Energizes* ... (**emotion**)
- a volitional response (**an act of the will**)
- *Complex, involves a PROGRESSION OF THOUGHTS AND CHOICES.*



Originates in the Mind

Natural

Sinful

Holy

- God commands us to not give way to fear, therefore this is something that can and must be experienced (fear of God), responded to appropriately (natural fear) and put away (sinful fear).
- **Yet is powerfully physiological**
- Increased heart-rate, blood pressure; cold hands, sweating; increased senses (hearing, smelling, etc.); tunnel-vision; adrenalin,...



The Ramifications of Sinful Fear

Natural

Sinful

Holy

Deception

Destruction

Affliction

Shortened life-span

Misery

Confusion

Separation from God



Three Faces of Sinful Fear

Natural

Sinful

Holy

1. *Worry/Anxiety*
2. *Panic Attacks*
3. *Fear of Man*



Definition of Worry

- Worry is the *motions of the heart* [the consuming thought-patterns of the heart] that afflict or distress the soul.
- Worry assumes transcendent knowledge of what “should have been done”, (accompanied by the demand to re-write the past) and/or “what must be done”, (accompanied by the “knowledge of and desire for control of the future)
- “Worry is fear in the absence of present danger” (Priolo)
- Worry is self-exaltation on steroids.



Biblical Understanding of Worry

- Worry “Knows” that God isn’ t powerful or good enough to handle the future events.
- Worry “Knows” that God wasn’ t powerful or good enough in the past event(s).
- Worry is the result of failing at spiritual warfare (2Cor.10:3-4)
- Worry is the fruit of an undisciplined mind.
- Worry is not from God. 2 Tim. 1:7
- Worry is sin & is forbidden



Definition of Panic Attacks

- An overwhelming, debilitating fear that comes on suddenly and lasts for a brief period of time.
- Physiologically overwhelming; rapid heart-beat, chest pain, (feels like a heart-attack) perspiring, shaking, shortness of breath, G.I. discomfort, diarrhea, dizziness, chills, hot-flashes, lightheadedness, numbness, tingling
- Feeling of going crazy, feelings of losing control, desire to flee, fear of recurring fear-experiences
- More common in adults and women



The Progression of a Panic Attack

1. The initial event
2. Subsequent, “anticipatory-fear”, i.e. the fear of the “fear-experience”
3. Prevention, avoidance, controlling environments to prevent recurrence.
 - *“Negative feelings that periodically plague me”*
 - *“Doctor, I don’t know what’s taken over my body, but I need some medication!”*



Fear of Man

(from Fear Factor, by W. Mack)

- Deceptive; Distracting; Destructive; *“Like a tornado in your soul*
- Discourages - *fear not, neither be discouraged.* (Dt.1:21)
- Can lead to Depression – Elijah and Jezebel (1 Ki.19)
- Leads to grumbling – (Deut.1)
- Stirs up jealousy, paranoia, - Saul & David
- Leads to compromise & disobedience – *I [Saul] feared the people* (1 Sam. 15:24)
- Produces hypocrisy (Paul had to confront, Gal.2)
- Creates trouble in ones heart – panic, trembling fainting heart – (Deut. 20:3)



Fear of Man

- The fear of man lays a snare, but whoever trusts in the LORD is safe. (Proverbs 29:25 ESV)
- “I tell you, my friends, ado not fear those who kill the body, and after that have nothing more that they can do. (Lu. 12:4)
- 12 and when the Egyptians see you, they will say, ‘This is his wife.’ Then they will kill me, but they will let you live. 13 Say you are my sister, that it may go well with me because of you, and that my life may be spared for your sake.” (Gen.12:12-13)
- **Fear is contagious** And the officers shall speak further unto the people, and they shall say, What man is there that is fearful and fainthearted? let him go and return unto his house, lest his brethren's heart faint as well as his heart. (Deut. 20:8 ESV)



Fear of Man

- Abraham said, “*I did it because I thought*, ‘There is no fear of God at all in this place, and they will kill me because of my wife.’ (Gen.20:11 ESV)
- ⁴²Nevertheless, many even of the authorities believed in him, but for fear of the Pharisees they did not confess it, so that they would not be put out of the synagogue; ⁴³or they loved the glory that comes from man more than the glory that comes from God. (Jn.12:42-43 ESV)



The Heart of Fear

Guilty Conscience

- The wicked flee when no one pursues, but the righteous are bold as a lion. (Proverbs 28:1 ESV)
- The sinners in Zion are afraid; trembling has seized the godless: “Who among us can dwell with the consuming fire? Who among us can dwell with everlasting burnings?” (Is. 33:14 ESV)



The Heart of Fear

Judgment from God

- I will set my face against you, and uyou shall be struck down before your enemies. Those who hate you shall rule over you, and wyou shall flee when none pursues you. (Leviticus 26:17 ESV)
- There they are, in great terror, where there is no terror!
- For God sscatters the bones of him who encamps against you; you put them to shame, for God has rejected them. (Psalm 53:5 ESV)



The Heart of Fear

Unbiblical Standards

- I must perform flawlessly
- I must meet everyone's approval
- I must be liked by everyone (or by _____)
- I must be beautiful as I define beauty
- I must forgive myself
- My husband must think of me as the ultimate woman
- My wife must believe I'm "The man".
- My parents must believe in me, accept me, "be there for me"
- Unless _____ does _____ I can't _____
- *I'm so angry at myself*



The Heart of Fear

Unbiblical “savior” or “saviors”

- I must deliver myself from my failures
- I must achieve _____ in order to be forgiven
- I must “do penance” to “pay” for my violations (sins)
- Until I _____ I will not “forgive myself”
- Unless _____ does _____, I can't _____



The Heart of Fear

Unbiblical “systems”

- Unless and until I experience _____ I cannot “forgive myself” (or receive God’s forgiveness)
- Binging and purging
- Starving
- Overeating
- Over-exercising
- Self-loathing; self-punishment



The Heart of Fear...

Natural

Sinful

Holy

- Lack of the fear of God - The Fall - Rebellion
- Unbelief – the Fall – Rebellion’ (Rom.8:28 isn’ t true)
- Lack of faith in the Character & Promises of God (God isn’ t trustworthy, therefore His promises are empty)
- Therefore I question His Power & Providence
- Lack of love for God (if you love, obey)
- Judging God to be less than He is (God is wimpy)
- Pride – I know a better way (Adam & Eve)
- **Idolatry**



The Gospel Transforms Emotions

- And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God. (1 Sam 30:6 ESV)



Sanctifying Our Emotions

- Right source of truth
- Right view of God
- Right view of the Gospel
- Right view of ourselves
- Right view of Glory – here and now & Eternal
- Right view of sin and how to repent of sin
- Right view of suffering
- **Begins with repentance and turning!**



What is Holy, Godly Fear?

Natural

Sinful

Holy

- Result of judgment (Ananias & Sapphira - Acts 5:1)
- The desire to avoid God's wrath, judgment, punishment, displeasure, grief, dishonoring or sully His name. (2 Cor. 5:10-11)



What is Holy, Godly Fear?

Natural

Sinful

Holy

- The **fear of the Lord** recognizes who He is (character, nature, attributes), resulting in reverence, respect and awe, love and obedience, (without debilitating fear).
- The **fear of the Lord** is respect for His Authority, His Rank and His Dignity.
- Let all the earth **fear** the LORD; let all the inhabitants of the world stand in **awe** of him! For he spoke, and it came to be; he commanded, and it stood firm.
(Ps. 33:8-9)



What is Holy, Godly Fear?

Natural

Sinful

Holy

- **The fear of the Lord is the unavoidable response to a growing understanding of God (and his work and power) who has revealed himself in Jesus Christ.**
- *For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ. (2 Cor. 4:6)*
- *And Israel saw that great work which the LORD did upon the Egyptians: and the people feared the LORD, and believed the LORD, and his servant Moses. (Ex. 14:31)*



What is Holy, Godly Fear?

Natural

Sinful

Holy

- The **fear of the Lord** is the basis for sound judgment.
- *And said to the judges, Take heed what ye do: for ye judge not for man, but for the LORD, who is with you in the judgment. Wherefore now let the fear of the LORD be upon you; take heed and do it: for there is no iniquity with the LORD our God, nor respect of persons, nor taking of gifts. And he charged them, saying, Thus shall ye do in the fear of the LORD, faithfully, and with a perfect heart. 2 Chronicles 19:6,7,9*



What is Holy, Godly Fear?

Natural

Sinful

Holy

- The fear of the LORD is hatred of evil.
Pride and arrogance and the way of evil
and perverted speech I hate. (Pr. 8:13)



What is Holy, Godly Fear?

Natural

Sinful

Holy

- The desire for a deeper walk with God
- A desire for the angels to glorify God by your obedience
- The desire for the unbeliever to glorify God by your obedience in suffering (1Pet.2:12)



What is Holy, Godly Fear? Obedience

Natural

Sinful

Holy

- “So the church [was] walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied.” (Acts 9:31)
- Blessed is everyone who fears the LORD, who walks in his ways! (Ps. 128:1)
- **The fear of the Lord is the foundation of pure, moral living.** *The fear of the LORD is clean, [morally, ethically] enduring for ever:* (Ps. 19:9 KJV)



Holy, Godly Fear Overcomes Paralyzing Fear

- David –bear, lion, Goliath, people
- Your servant has struck down both lions and bears, and this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God.”
(1 Sam. 17:34-36)
- And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God.(1 Sam. 30:6)



Holy, Godly Fear Overcomes Paralyzing Fear

- Elijah - the prophets of Baal
- Moses – Pharaoh, the people
- Habakkuk - ¹⁷*Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: ¹⁸Yet I will rejoice in the LORD, I will joy in the God of my salvation. ¹⁹The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places. (Hab. 3:17-19)*



Holy, Godly Fear Overcomes Paralyzing Fear

- Oh, magnify the LORD with me, and let us exalt his name together! I sought the LORD, and he answered me and **delivered me from all my fears**. Those who look to him are radiant and their faces shall never be ashamed. This poor man cried, and the LORD heard him and saved him out of all his troubles. The angel of the LORD encamps around **those who fear him**, and delivers them. (Ps. 34:3-7 ESV)



Holy, Godly Fear Overcomes Paralyzing Fear

¹The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? ²When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. ³Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident. (Ps 27:1-3 KJV)



Fear, Love, Identity & Power

- For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of **power** and **love** and self-control.
(2 Tim. 1:7)
- For all who are **led by the Spirit of God** [not by fear] are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. (Rom. 8:15-17)



Fear, Love, Identity & Power

- Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and **deliver all those who through fear of death were subject to lifelong slavery.** (Heb. 2:14-15)



Fear Not, You are REDEEMED, FAMILY, NOT ALONE

- But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel:
“Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.
(Is. 43:1-2 ESV)



Fear Not

I will Bless and Protect

- **BLESSINGS** (Gen.26:24)
- “...Be strong and of good courage, and do it: **FEAR NOT**, nor be dismayed: for the LORD God, even my God, will be **with thee**; he will **not fail** thee, **nor forsake** thee, (1 Chronicles 28:20KJV)
- **PROTECTION** - “Do not be afraid, for those who are with us are more than those who are with them.” Then Elisha prayed and said, “O LORD, please open his eyes that he may see.” So the LORD opened the eyes of the young man, and he saw, and behold, the mountain was full of horses and chariots of fire all around Elisha.(2 Kings 6:16-17 ESV)



Fear Not, YOU are CHOSEN AND EQUIPPED

- you whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off”; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Is.43:9-10 ESV)



Fear Not, You have a **LIVING SAVIOR & A FUTURE HOPE**

- When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, “Fear not, I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades. Write therefore the things that you have seen, those that are and those that are to take place after this. As for the mystery of the seven stars that you saw in my right hand, and the seven golden lampstands, the seven stars are the angels of the seven churches, and the seven lampstands are the seven churches.
(Revelation 1:17-20 ESV)



Fear of the Lord Eradicates Fear

- The Fear of God is an attitude of submission and openness to divine instruction
- Psalm 112:1,7,8
- The fear of the Lord gives strong confidence. Proverbs 14:26
- The fear of the Lord is a fountain of life. Proverbs 14:27
- The fear of the Lord will provide wisdom -the ability to see life like God sees life. Psalm 111:10
- The fear of the Lord prolongs life. Proverbs 10:27
- Reward of humility and the fear of the Lord are riches,⁴⁴ honor and life. Proverbs 22:4



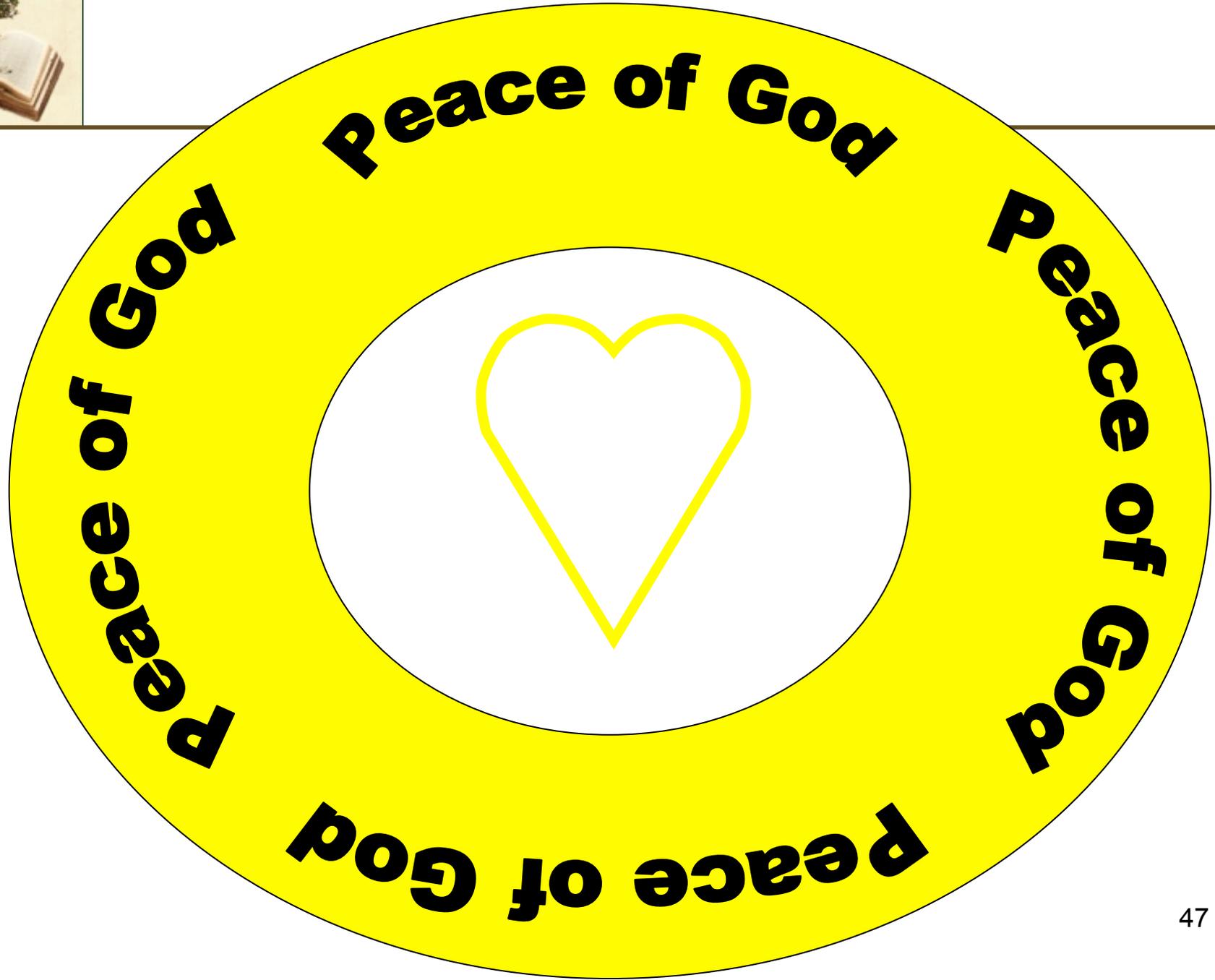
God's Answer for Worry

- Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matt.6:34 NIV)
- “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. (Matt.6:34 ESV)



Promise to Overcome Worry

⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And **the peace of God**, which surpasses all understanding, *will guard your hearts and your minds in Christ Jesus.* ESV





Promises of Anchoring a Lifestyle of Change

- ⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.
- ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.





Re-interpreting a Panic Attack

- “*The diagnosis of a panic attack are based solely on symptoms reported by the patient.*” Dr. Dan Wickert
- “What happened in the first experience?”
- S.M.A.R.T. -



Sarah's Story – Case Study

What was going on that Luke did such a thing?

His faith always seemed so strong

*If this could happen to someone like Luke, it could easily
happen to someone like me.*

Fear and anxiety take over

Physiology takes over



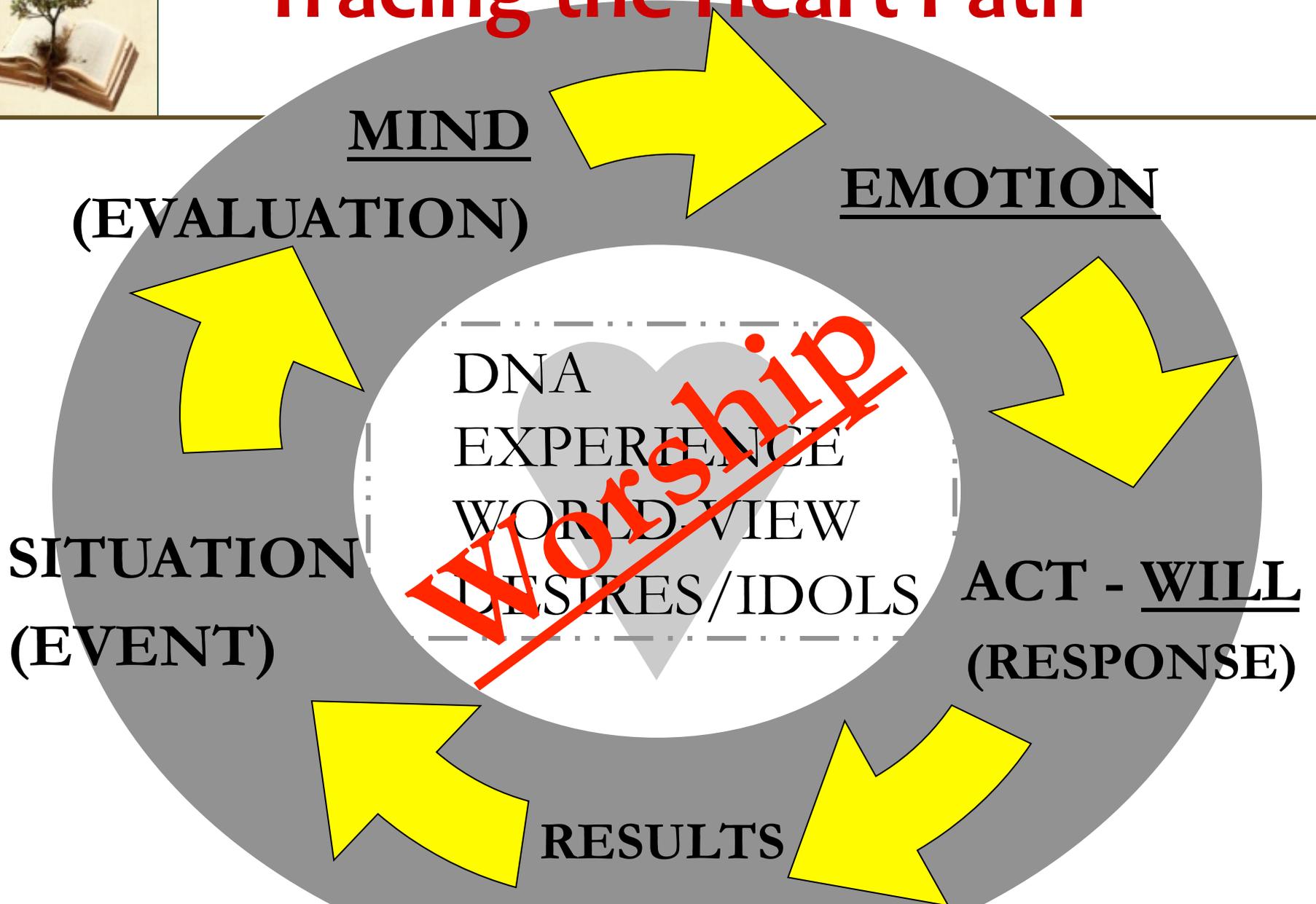
Sarah's Evaluations...

Functional "Truths"

1. *I'm losing control*
2. *I'm going crazy*
3. (Jeremy comes home – Lots of emotion)
4. *I'm going to lose control (like Luke did) & kill myself*
(2:00 a.m.)
5. (Hears Luke's voice) *I'm afraid I'm going to lose control and kill myself.*



Tracing the Heart Path





Homework

- Summarize your main “take-aways” from tonight’s session.
- Please include any unanswered questions, suggestions for improvement, etc.



Are You Willing to Overcome Fear?

- Make of list of your responsibilities that you have chosen not to fulfill as a result of recurring fear.
- List at least 10 ways you can specifically glorify God on a 3 x 5 card
- list at least 10 specific reasons to be thankful on the back
- Ask God to forgive you for trusting your feelings instead of trusting His Word.
- With each fear-experience, choose one way to glorify God and thank Him, even though you feel fearful.⁵⁶



Going Deeper

- Fear Not – handout/website
- Dear & Disobedience – handout/website
- Fear of Man – handout/website
- Overcoming Anxiety & Worry, study guide – handout/website
- Praying according to Philippians 4 – handout/website
- Daily Bible Readings of Encouragement



Going Deeper

Identify the specific things and/or people of which we are commanded not to fear in each of the following:

- a. Psalm 27:1-3; 118:6; Numbers 14:9; Hebrews 13:5-6; Matthew 25:25; 26:69-74; 1 Samuel 15:24; Proverbs 29:25; Isaiah 51:7,12-13; Psalm 64:1; Matthew 10:28; 1 Peter 3:13-14; 2 Kings 17:37-39; James 4:7; 1 Peter 5:8-9
- You cannot fear God and Satan at the same time. We can all too often succumb to unbelief as did the ten spies who believed the fortified cities and the giants who occupied them were more powerful than God.
 - A healthy respect for Satan's tactics and a watchful eye against his attacks are crucial. But we are not to cower in fear of the one whom our Savior has conquered.
 - Revelation 2:8-10; John 16:33; Proverbs 3:25-26.



Going Deeper

**Read *How to Handle Trouble*, by Jay Adams,
(exposition of Phil. 1:12-26)**

1. Memorize the outline (p. 54)
2. Write out how the subjects of this book relate to you.
3. Memorize 2Cor. 5:9-10
4. Keep a daily S.M.A.R.T -Journal – review your entries with an accountability-partner



Identify the causes of fear in each of the following passages:

1 John 4:18-19; Proverbs 1:33; 28:1; 29:25

- c. Hebrews 2:15; 13:5-6
- d. Ezekiel 11:8; Genesis 32:11
- e. Psalm 46:2-3
- f. Genesis 21:16-17
- g. Genesis 26:6-7; Matthew 10:28
- h. Numbers 13:25-14:5
- i. John 7:13; 20:19
- j. Gal. 2:12
- k. Psalm 23:4
- l. Psalm 56:4
- m. Matt. 26:69-74
- n. Mark 4:35-41
- o. Numbers 13:25-14:5



Identify what the Bible Commands Us to Fear

- a. Exodus 18:21; Deut.6:2; Joshua 24:14; 1 Samuel 12:14; Ps.96:4,9; Proverbs 3:7; 1 Peter 2:17; Revelation 14:7
- b. Matthew 10:28
- c. Proverbs 13:13
- d. Psalm 119:120



List the following consequences of failing to biblically address fear

- a. Mark 4:35-41
- b. 1 John 4:18-19
- c. Luke 21:26.
- d. Proverb 29:25
- e. Proverb 1:33
- f. Proverb 10:24
- g. Proverb 28:1
- h. Matt. 25:14-25
- i. Deut. 28:58-67
- j. Lev. 26:27-37
- k. Gen. 21:16-17
- l. Gen. 26:6-7
- m. 1Sam. 15:20-25



With what are you to replace fear?

- . 2 Chronicles 20:3-4; Psalms 27:1,8; 34:4
- b. 2 Timothy 1:7; I John 4:18-19
- c. Psalm 27:1-3; 56:4; Proverbs 3:25-26; 29:25
- d. Proverbs 1:20,33; 3:21,24-26; 2 Timothy 1:7
- e. Joshua 1:9; Psalm 27:1,4; 46:1-2,7, 10-11;
Isaiah 4:10
- f. 2 Chronicles 20:3-4,12,15-17; Psalm 27:1;
Isaiah 41:10
- g. Psalm 27:1,14



List the Scriptural Solutions to Fear

- Acts 26:20; Psalm 34:4
 - b. Revelation 2:5
 - c. 2 Timothy 1:7,
 - d. Isaiah 35:3-4
 - e. Luke 6:27,35-38;
 - f. Ephesians 4:31-32
 - g. 1 Peter 2:21-23
 - h. Matthew 6:33-34
 - i. Hebrews 13:5-6
 - j. Joshua 1:9
 - k. Psalm 91:15
 - l. Psalm 46:1-10
 - m. Isaiah 41:10,13-14; Is. 43:2,5; Deuteronomy 20:1; Deuteronomy 31:6; Proverbs 3:25-26; Proverbs 29:25.



Overcoming the Fear of Man

Look up each passage. Write down what the Bible has to say about overcoming the fear of man or the results of fearing man.

- Leviticus 26:6 Num 14:9 Num 21:34 Deut 1:16-17 Deut. 3:1-2 Deut 3:22 Deut 31:6,8 Josh 10:8 Ezra 3:3
- Psalm 3:6
- Psalm 18:4
- Psalm 27:1
- Psalm 40:4
- Psalm 56:3
- Psalm 56:10
- Psalm 64:1
- Ps 118:6
- Psalm 119:6
- Psalm 119:46
- Psalm 119:69
- Psalm 119:110
- Prov 29:25 Isa 14:3 Isa 51:12-13 Jer 22:25
- Jer 30:10
- Jer 46:5
- 1 Cor 16:10
- Phil 1:14
- Heb 13:6
- Write a paragraph response as to how the Holy Spirit has taught you through these passages and what specific changes you are willing to commit to in your life.



Going Deeper



Going Deeper



Self-diagnostic Questions

- I sin to get what I want
- I sin when I don't get what I want
- I sin when I get something I don't want -
- I sin when I lose something I have
- I sin when I get something I've dearly wanted