

A

DANGEROUS

LOVE



Are You a Comfort Addict, Helen Kirwan-Taylor

Comfort addiction is everywhere in 2019. There are TED Talks, rehab treatments and academic articles devoted to this new-age **compulsion for succour**. However, it is a vice about which few are willing to go on the record. 'Comfort addiction is little talked about because sufferers know that it's a pretty unattractive condition

Are You a Comfort Addict, Helen Kirwan-Taylor

‘Standards inflate over time,’ says Dr Robert Biswas-Diener, co-author of self-help book *The Upside of Your Dark Side*. ‘When you’re a student, a futon seems fine. By the time you’re 40, you can only sleep in a super king. It’s a natural progression.’ **It’s all about comfort inflation and – crucially – expectation.**

Are You a Comfort Addict, Helen Kirwan-Taylor

Too much comfort **lowers resilience and with it the ability to deal with challenges**, says Norman Doidge, author of *The Brain That Changes Itself*.
'It is the willingness to leave the comfort zone that is key to keeping the brain new.'

Self-preservation is the first law of nature

When comfort and pleasure become the highest goals, we **avoid** anything that threatens these values

Comfort can lead to self-absorption, boredom, and discontent.

Is an 'echo pandemic' of mental illness coming after COVID-19? CTV News

Whether you are on the front-lines in a hospital, nursing home or grocery store, or standing on the sidelines — doing your part by staying home — **this pandemic is causing widespread anxiety, fear and dread.** People are afraid of the illness and what it could mean for them or their loved ones, but also about losing their jobs and paying their bills, and when, if ever, life will feel normal again.

Is an 'echo pandemic' of mental illness coming after COVID-19? CTV News

The rapid spread of this pandemic gave little chance to prepare for, or even process, all that has happened in terms of job losses and the complete upending of everyday life and relationships, says Dr. Roger McIntyre, a psychiatrist and professor at the University of Toronto. “You lose your job overnight, you lose the security of your paycheque overnight. That is nothing short of an assault to your mental health and well-being,” he said.

Has COVID-19 inadvertently **revealed** the depth of our faith to the world?

Muscle memory is when we react without thinking. Faith memory is when we behave without fearing

The Process of Comfort Addiction

our comforts deceive us

our egos inflate us

our narcissism focuses us

our control betrays us

our comfort tells us that discomfort is evil

And what do you benefit if you **gain** the
whole world but **lose** your own soul?
Mark 8:36

if i asked you what you would pay for
eternity, you would answer anything

the divine **exchange**

“God creates us free, free to be selfish,
but He adds a mechanism that will
penetrate our selfishness and wake us up
to the presence of others in this world,
and that mechanism is called **suffering.**”

William Nicholson

The Gospel as Dangerous Love

Every chance we get we **add** to ourselves

“He must increase, but I must decrease.” **John the Baptizer, John 3:30**

The Gospel as Dangerous Love

Self-glorification battles
against self-sacrifice

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. [Philippians 2:3-4](#)

The Gospel as Dangerous Love

We were meant to have a different
system than the rest of the cu

that difference was meant to be a ma
to the wider world. does it even exist
now

“But **among you it will be different**

wants to be a leader among you must be
your servant, and whoever wants to be first
among you must be the slave of everyone
else. For even the Son of Man came not to be
served but to serve others and to give his life
as a ransom for many.” **Mark 10:43-45**

The Gospel as Dangerous Love

Our comforts make us forget that
this reality is only temporary

Jesus answered, “My Kingdom is not an earthly kingdom. If it were, my followers would fight to keep me from being handed over to the Jewish leaders. But my Kingdom is **not of this world.**” **John 18:36**

The Gospel as Dangerous Love

God doesn't waste suffering

Dear brothers and sisters, when troubles of any kind come your way, consider it an **opportunity** for great joy. **James 1:2**

“We can ignore even pleasure. But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a **deaf world**.” **C.S. Lewis, The Problem of Pain**

A Dangerous Love asks the question, how do we respond when our worlds get turned upside down?

“I have held many things in my hands,
and I have lost them all; but whatever
I have placed in God's hands, **that I
still possess.**” Martin Luther

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. **For we know how dearly God loves us**, because he has given us the Holy Spirit to fill our hearts with his love. **Romans 5:3-5**