

## 3 Alarm Fire

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### RESCUER DYNAMIC

We help one other by putting out fires such as doing tasks for our family members, fixing things or helping our loved ones in crisis. Like a rescuer, waiting for a call to action, the professional rescuer doesn't want something bad to happen. He cares deeply. But when the alarm goes off then he feels hyper-ready, and as additional adrenaline rushes in, he feels needed, and in a comfort zone far greater than fear, he rushes to the emotional inferno with all his might and skills. This phenomena is not so uncommon among these professional rescuers and caregivers. They must address it, often.

### OUR RESCUER DYNAMIC

So with caring relationships with our family and brothers and sisters in Christ, we as the giver, at times, can fall into the subtle temptation of anticipation, spending too much time thinking about the "call to be needed", and we may have too high of a hypervigilance. The receiver feels an unnecessary protection, and the walls feel like they are closing in: **the smothering effect**.

### THE FLESH WORLD SOLUTION RESCUER DYNAMIC

As with any relational challenge, in the rescuer dynamic, in the **flesh** world, it is just a simple matter of closing off with that family member or friend. Forget about them. Be sociable and tolerable. Tell others how hard it was and how they should not accept help much.

### THE NARROW PATH SOLUTION RESCUER DYNAMIC

But Jesus tells us that we should not argue or dispute among ourselves. Pray! We must not divide ourselves, we must keep the Unity. We should talk about it and reconcile. Speak Little and Listen Hard. To completely reconcile we need to not only ask forgiveness for causing the uncomfortableness, or stress, sin or not, but also put a plan in place. This plan must include prayer. This plan would be to prevent that dynamic subtly sliding in again. Jesus said that this love amongst us and unity gives great joy to His Father.

*Ephesians 4:32 (NIrV) [32] Be kind and tender to one another. Forgive each other, just as God forgave you because of what Christ has done.*

*Romans 14:13 (KJV) [13] Let us not therefore judge one another any more: but judge this rather, that no man put a stumblingblock or an occasion to fall in his brother's way.*

### OUR RESCUER DYNAMIC ROLE REVERSE TO RIGHTEOUSNESS

When the family member's relationship is changed by switching roles, the giver is now the receiver and the receiver is now the giver. This reciprocation happens often. This is played out in reverse as, lets say, with a caring and honest strong righteous person of God, or a loving over caring father. This dynamic is a little different than the rescuer dynamic. This dynamic may be

that of a strong righteous person of God being hypervigilant of the other's well being, spiritually, financially, or socially. These similar dynamics to the rescuer dynamics can set in over time to such a point that the receiver feels invalidated, guilty, or crowded, and the receiver develops a temptation to avoid being honest.

### **THE FLESH WORLD SOLUTION RIGHTEOUS DYNAMIC**

In the strong righteous or over caring dynamic, in the **flesh** world, it is just a simple matter of avoiding that person. Be assertive with them or even persecute them to be assured they don't come back. Be sneaky and pretend you are kind to them but you know nothing in the relationship will ever develop further. Tell others how they should not listen to these types of people. We don't need their advice. We can figure it out all on our own.

### **THE NARROW PATH SOLUTION RIGHTEOUS DYNAMIC**

But Jesus says to not disrespect or deceive each other. Pray! Listen without judgement on small differences; rather reserve opinion. Once we open our hearts up to each other, the righteousness can actually help to bring about positive change for us; even salvation. No matter what, pray! Speak Little and Listen Hard. Tell the righteous family member or brothers and sisters the truth. The righteous person Speak Little and Listen Hard. Exercise patience and delay judgement. Love one another deeply.

*1 Peter 1:22 (NIRV) [22] You have made yourselves pure by obeying the truth. So you have an honest and true love for your brothers and sisters. Love each other deeply, from the heart*

### **OVERALL SOLUTION**

I reiterate, Pray! Speak Little and Listen Hard. Talk to each other. Discuss, ask forgiveness. In the case of the rescue dynamic just because it was not a sin, our actions probably had a negative effect on the other, causing anxiety. On the narrow path, any assistance must be preceded by prayer to be a completely positive effect/experience. Like any true reconciliation, pray and have a clear resolution. Have a strong and clear plan that involves prayer to avoid further pitfalls; so it doesn't happen again. Above all love one another as Jesus loves us.

*Philippians 4:6,7 [6]do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7]And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

*1 Peter 5:6,7 [6]Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, [7]casting all your anxieties on him, because he cares for you.*

Firstly, I dedicate this article to my own personal growth in walking the narrow path, pray guided by the Holy Spirit. Secondly, I dedicate this Article above all else to those that I may have caused pain or anxiety in this way.

Humbly Eugene McDonald. God Bless!