

# STAGE FRIGHT

ser3986 Alone in the Room, Pt 2  
November 8, 2020 E & L

As most of you may know, I have been a professional voice teacher for almost three decades, and next to my deep and sincere love for ministry, teaching has always been an unquenchable passion in my life. I have been fortunate to have trained thousands of students in the art of contemporary voice, and have some that started off with me at 8 years of age that now in their late 20's. It's pretty cool.

One area that I have found to be the most rewarding has been helping those who suffer with stage fright. As a matter of fact, statistically, the number one fear that people have in life is not fear of heights, or spiders or even the fear of death; it is **speaking in public**. Singing falls right into the same category. It's known as **Performance Anxiety Disorder** or "Glossophobia" and is actually closely related to **Social Anxiety Disorder**.

The way that we combat this is for the students to attend a 6-week course where they literally face their fears of singing in public by performing in front of the other students. When they are done, we discuss their song performance as a group, then that person sits down and becomes an audience member as the next person goes up and performs. So, they are an audience member and a performer in the same class. It works great!

The one really funny part of all of it, is it's day one. Everyone is so afraid to even take the course, that during the first, or even second class, they don't talk or interact and bury their faces in their phones.

Now, contrast that with the final day when we end the course with a full-blown concert. They just sing their hearts out in front of all the friends and family they've invited. Without fail, all those quiet students, who wouldn't even look at each other, are now hugging and crying. Why? Because they have bonded by facing their fears **together. It's amazing to see.**

Let me ask you the same question I ask the students on day one: ***Why do people even have stage fright?*** The answer is—they feel that they are separated from the group and are on display (like I am now), and believe their every action is being watched and, therefore, analyzed for mistakes.

You are all there, together in your groups while I am here. I'm all by myself, hoping that you will like me. And that scares the snot out of people.

**You see, there is comfort and security in being part of a group.** When we are alone or separated from a group, we become vulnerable, unsure, and fear the worst. This is not just with public speaking, or even singing; **it's with everything.**

I remember when I was around 10 years old, my parents left me home for a couple of hours as they went out food

shopping. (You could do that back then.) I turned on the TV and there happened to be a very, very scary movie on called, "The Exorcist." I have to tell you, I was so scared I literally wet myself because I was too afraid to get up to go to the bathroom. I mean, I was the most frightened I have ever been in my life.

Do you know what happened? My parents came back and all that fear went away. Why? Because I wasn't alone anymore. Just knowing it wasn't just me in the room made me feel secure.

That's the problem we face in life. You see, as Christians, you and I **WILL be alone**.

**You WILL be the only person who lives out your faith.** You WILL be separated from everyone else who may not share your beliefs. And so, social anxiety kicks in and we become vulnerable, unsure and we fear the worst. Then we either try to fit into a group any way we can or we become loners who avoid groups in order to escape the possibility of rejection.

For instance, I may be in the gym locker room and there are a bunch of meat packing weight lifters in there who are talking about some girl they saw working out, and describe in vivid detail what they would like to do to her. They are laughing and carrying on and there is me. The opposite of a weight lifter. (**The only weight I lift is my own.**) I feel like I should join in. It's awkward just sitting there silent not laughing along with them.

What do I do? Do I join in those conversations so that I feel a part? Or do I stay true to who I am?

You see, this is what it's like for all of us. From gossiping, to dirty jokes, to getting drunk at a party, to looking at things we shouldn't, we get **stage fright** when other people are doing these things and we don't want to be the only one who is not. Do you know what? That's nothing new. The Apostle Paul dealt with the same situation with the church that we read about in 1<sup>st</sup> and 2<sup>nd</sup> Corinthians.

You see, at the time Corinth was very metropolitan. It had two harbors which would funnel people into an isthmus, making it attractive to people who stayed and enjoyed the spoils of the city. It was like a combination of New York City and Las Vegas.

They had all kinds of trade, from every ethnic group, from all over the world, bringing their goods, as well as their cultural identities with them into the city. Because of this, Corinth housed at least 12 temples which were dedicated to all kinds of false gods.

One of the most infamous of these was the temple dedicated to Aphrodite the goddess of love. There were, on average, 1,000 female and male temple prostitutes to whom worshipers of Aphrodite would pay indulgences to have sex with them. So widely known did the immorality of Corinth become, that the Greek verb "to Corinthianize" came to mean "to practice sexual immorality."

And so, the newly converted Christians found themselves caught up in the sinful habits that surrounded them. What was Paul's answer for his church? Let's read it:

### ***2 Corinthians 6:14-18 ESV***

Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness?

What accord has Christ with Belial? Or what portion does a believer share with an unbeliever? What agreement has the temple of God with idols?

For we are the temple of the living God;

***Therefore, go out from their midst, and be separate from them.***

Notice something here! Paul didn't say not to **"BE yoked"** with the unbeliever. He said "do not be unequally yoked." We will have relationships with unbelievers. What he was saying is: "Don't be tethered to this thing in your life with which you are going to be pulling all the weight." You are going to tire out, and guess what's going to happen next? The weaker one will eventually be directed by the stronger.

**When we see that happening in our lives, we have to do the hardest thing there is to do. We must separate. No one likes that.** No one likes being outside the group because fingers get pointed and we feel awkward. We want the ease and security of doing what everyone else is doing.

It's like the Christians in Corinth. It starts off so innocently; that is, until we migrate to the next stage, and the next stage, and so on. We go out to bars and clubs, maybe just singing karaoke, until eventually we start drinking. Then we start drinking too much because everyone in the group is. Then, maybe, we wind up getting drunk and getting in trouble doing things we wished we hadn't. These things grow and grow because the world accepts these things as normal and when enough people say it's normal, then we can't see it any other way.

Well, that was Corinth. The attitude of the city of Corinth toward immorality involved no condemnation whatsoever; on the contrary, immorality was considered to be a normal part of life. And so, it worked its way into the Church and they didn't have the guts to say, "***I don't care if I'm the only one, I will live my faith. I will perform for an audience of one: God, my heavenly Father.***"

Look at what Paul had to address in **1<sup>st</sup> Corinthians 5:**  
It is actually reported that there is sexual immorality among you, and of a kind that even pagans do not tolerate: A man is sleeping with his father's wife. And you are proud!

Proud? Why are they proud? It's gross. They were like, "***Man, you believe so and so is sleeping with his Dad's wife? Dude he's crazy, isn't he? Lol! Yeah, my boy is always getting himself in trouble.***"

Sound familiar? Sound like today? We almost admire those

who live in total abandon and come across as the rebel we, deep inside, want to be. We act like we're shocked, but we look up to it.

Paul was like, "What are you doing? You are so proud of yourselves, but you should be mourning in sorrow and shame. ... hand him over to Satan so that his sinful nature will be destroyed **and he himself will be saved on the day the Lord returns.**"

Did you get that? Hand him over to Satan. Let this person go, so that he will learn and be saved. **It was for their benefit** that they were to walk away from him and those who applauded those actions. You see, there is great benefit in separating from what everyone else is doing. ***To be alone in the room is a good thing for the other person, as well as for us.***

It's just like what I teach my students in our performance classes. Yes, you are separated from the group and it feels awkward. But look what it does. Look at the power it gives you. If everyone in the room was all singing at one time, and whatever they wanted to sing, it would be just noise. But when you are separated from the group, YOUR VOICE IS HEARD, YOUR MESSAGE IS HEARD, YOUR HEART IS FELT. And, you're making an impact on other people's lives. You cannot have this unless you are separated in the room.

Look at me now. **If we all** were talking the way I am now, what benefit would come out of it? It would be cacophony

(discord) with no message, no direction. Again, just noise. There is POWER is being separated from the group.

There are numerous times when I am asked to get high with some of my recording clients and I will say, *"No thanks. I'm very serious about my faith in Jesus and I just don't live that life anymore."* Usually they're cool with it, but they always have some snide comment like, **"Well, sucks to be you"**. And I feel stupid.

But do you know what happens? Eventually, they come back to me and start asking me to answer a question about God or to pray for a situation they are in. **(POTS – Power On The Spot)** Then not only am I not alone in the room, now I'm pulling the yoke of the relationship.

There is power in being separated from the group and there is actually power in the stage fright, itself. Did you know that? We actually shouldn't want to rid ourselves of stage fright ... completely. Why? Because it makes us be at our best. We get worked up, all pumped up with adrenaline, and often that makes us focused and at our best. If I walked up here on this platform without any stage fright that means that I don't care.

When you separate from the sin situation you are being invited to participate in, that moment will cause you to be uncomfortable, yes, but focused. Your blood will pump and when you have an opportunity to share your faith, you will see a side of you that will surprise even you. It's because you

embraced the fright of performing, not for the group, but for an audience of one. The One who lived and died to free us from the grip of sin. Do you have a relationship with Jesus?

### **Invitation:**

**Admit**– your sins have separated you from God.  
(Psa 14:1-3; Rom 3: 23);

**Believe** – that God did something about your sins through Jesus Christ. (The final Pascal Lamb/Messiah.)  
(Lev 17:10; Heb 9: 19-22);

**Commit** – yourself to His righteousness by confessing Jesus as Lord and Savior. (Isa 53:5; Col 1:22);

**Do it today!** (Isa 49:8; 2 Cor 6:2).

Father in Heaven, I'm sorry for the things I've done that are wrong: I am a sinner; forgive me. Thank You for loving me and sending your Son, Jesus, to pay the penalty for my sin. Holy Spirit come into my heart; Jesus be my Lord and Savior. I give You my life. Amen.

**ser3986, Stage Freight (Alone in the Room, Pt 2) by Stephen Childs**

TOTAL WORDS 2192  
16.8 Minutes