

OCEANS OF EMOTIONS ...
EFFECTIVELY MINISTERING PEACE TO WOMEN

A Teaching by Tara Klena Barthel (www.tarabarthel.com)

OUR EMOTIONS EXIST FOR GOD'S GLORY

- **God is an Emotional God**
- **Male and Female He Created Them**
- **Where the Gospel Is Present, Emotions Flourish**

THE FALL AFFECTS OUR EMOTIONS

- **The Moral Significance of Emotions**
- **Emotions Raise the Level of Conflict**
- **The Effect of Emotionally Charged Memories**

THEOLOGY MATTERS—EMOTIONS SHOW WHAT WE BELIEVE

- **About God**

The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Exodus 34:6-7

- **About Ourselves**

*In love he predestined us to be adopted as His sons through Jesus Christ
in accordance with his pleasure and will. Ephesians 1:5*

- **About Our Circumstance & Other People**

*And we know that in all things, God works for the good of those who love him,
who have been called according to his purpose. Romans 8:28*

REMEMBER! WE CANNOT CHANGE OURSELVES—GOD SANCTIFIES US

- **Only God Can (and Will) Conform Us to Christ**

*May God himself, the God of peace, sanctify you through and through.
May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.
The one who calls you is faithful and he will do it. 1 Thessalonians 5:23—24*

- **We Don't Change to Please Other People—Only to Please God**

*Fear of man will prove to be a snare, but whoever trusts
in the Lord is kept safe. Proverbs 29:25*

PRACTICAL STEPS FOR MANAGING EMOTIONS

- **Unconfessed Sin Can Lead to Troubled Emotions—Repent and Believe the Gospel**

*Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting. Ps 139:23*

- **Emotions Reveal the Desires of the Heart—Turn Away from Idols**

*They tell how you turned to God from idols to serve the living and true God,
and to wait for his Son from heaven, whom he raised from the dead—Jesus,
who rescues us from the coming wrath. 1 Thess. 1:9-10*

- **Emotions Follow Thinking—Take Every Thought Captive to Christ**

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:5

- **Our Physical Life Affects Our Emotions—Be Wise**

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Cor. 6:19-20

MINISTERING TO PEOPLE WITH STRONG EMOTIONS

- **Love Them Well** (*Where there is fear, there is not love ...*)
- **Choose a Safe and Private Setting**
- **Be Humble and Compassionate**
- **Gently Provide Directive Counsel and Practical Help**

- **Hold Out the Hope of the Gospel**

Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Philippians 3:12

My Presence will go with you, and I will give you rest. Exodus 33:14

Tara Barthel (www.tarabarthel.com), a former director at Peacemaker Ministries and “recovering lawyer,” currently serves her husband, Fred, and daughter, Sophia Grace, as a homemaker while regularly mediating and speaking on peacemaking. In between chasing Sophie and her Golden Retriever, Tara coauthored her first book: *Peacemaking Women—Biblical Hope for Resolving Conflict* (Baker Book House Co., 2005).