



Made to Minister
Understanding Emotions

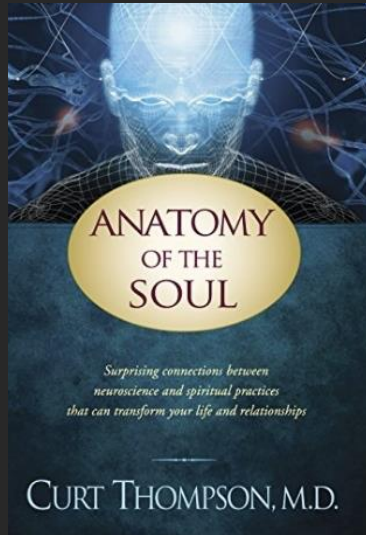


**If you were asked to explain what emotions are,
what would you say?**



Jesus is a picture of perfect emotional health.

Thompson, Curt, *Anatomy of the Soul: Surprising connections between neuroscience and spiritual practices that can transform your life and relationships* (Tyndale, 2010).



A Definition of Emotions

The brain is constantly monitoring the landscape, both internally and externally, even when you are sleeping. It is an anticipating machine, comparing what it is experiencing in the present moment with what has occurred in the past (using both implicit and explicit neural memory), in order to prepare for future action. This constant monitoring and shifting in energy is the activity around which the brain organizes itself. This is emotion. The origin of our word emotion is grounded in the idea of e-motion, or preparing for motion. That is why the phenomenon of emotion is deeply tied to ongoing action or movement. *We cannot separate what we feel from what we do.* (Anatomy of the Soul, Thompson, Curtis, pg. 94).



Truths About Emotions

1. Emotion is Something that You Regulate and that Regulates You

- Like road signs.
- We can't necessarily control what emotions come up, but we can choose how we respond to them.
- Rule - Reject - Receive.



2. Emotions are Not Debatable

- **Emotional states are not opinions to be countered. They are true experiences that require attention.**
 - Why it does not make sense to say, “You shouldn’t feel that way.”



3. While Categorical Emotions are Universal, They Do Not Present the Same Way

- Categorical emotions are universal across time, cultures, and gender.
- Presentation can vary greatly. Consider anger.





Emotions and Narratives



What do you feel when you get cut off in traffic?

Emotions and Their Narratives

1. **Anger:** Injustice has happened.
2. **Depression:** My life has been terrible and overwhelming and this will never change.
3. **Anxiety:** What is coming is too much for me to handle.
4. **Sadness:** Something is lost that can't be recovered.
5. **Shame:** I am defective, unlovable, irreparable.
6. **Guilt:** I have done something wrong.





The Bible on Anxiety

The Bible on Anxiety

Matthew 6:25-34: “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?



The Bible on Anxiety

³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.



Reasons Not to be Anxious

1. God Cares and Provides for His Creation

- **V.26: Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they – the birds live by faith that God will provide tomorrow as he did today.**



Reasons Not to be Anxious

2. Being anxious doesn't accomplish anything good – can't add an hour, but might waste one

- **V.27: And which of you by being anxious can add a single hour to his span of life?**
- **Psalm 139:16: Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.**



Reasons Not to be Anxious

3. God delights to adorn his creation

- **V.28:** And why are you anxious about clothing? Consider the lilies of the field...
- **Romans 8:32:** He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?



Reasons Not to be Anxious

4. Our heavenly Father knows what we need

- V.31-32: Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.
- Anxiety for the Gentiles makes sense...
- For the children of God, when we give into being anxious we are calling God a bad father who doesn't provide.



Reasons Not to be Anxious

5. Every day has exactly the right amount of trouble, and God provides what you need

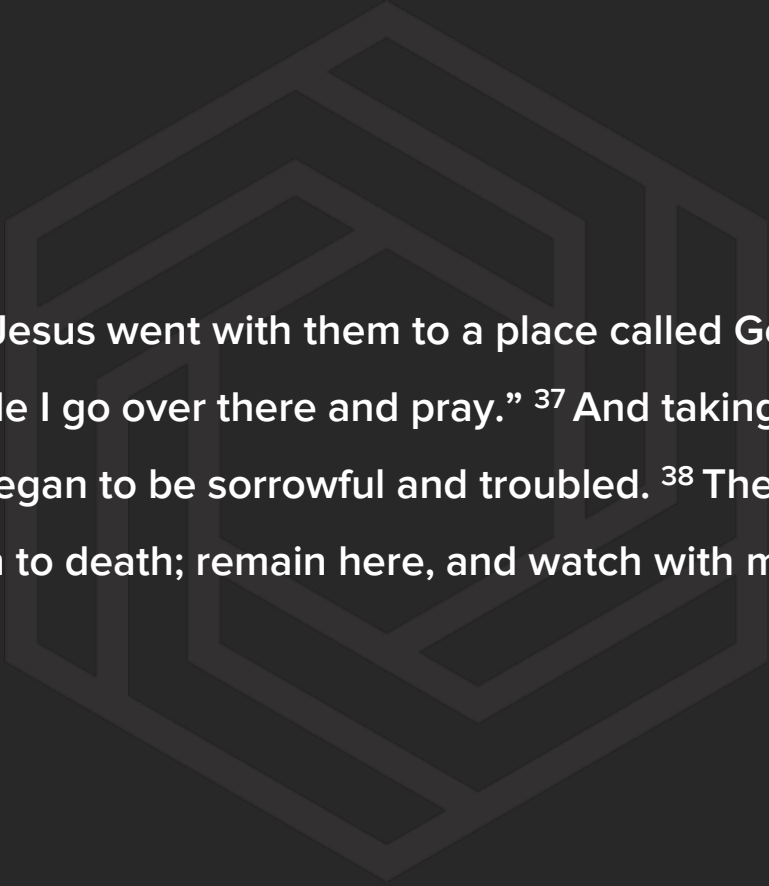
- **V.34:** “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”
- God’s provision is new each day. Today’s provision is for today.
- **Lamentations 3:22-24:** The steadfast love of the Lord never ceases; his mercies never come to an end;²³ they are new every morning; great is your faithfulness.²⁴ “The Lord is my portion,” says my soul, “therefore I will hope in him.”



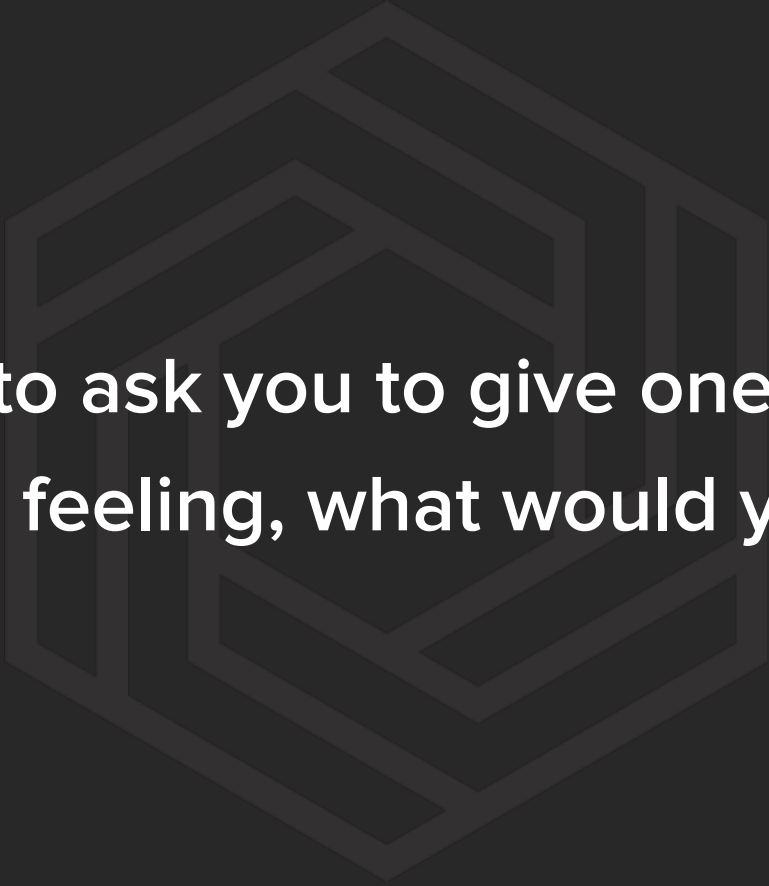


Jesus in the Garden

Luke 22:39-46: ³⁹ And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. ⁴⁰ And when he came to the place, he said to them, “Pray that you may not enter into temptation.” ⁴¹ And he withdrew from them about a stone's throw, and knelt down and prayed, ⁴² saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” ⁴³ And there appeared to him an angel from heaven, strengthening him. ⁴⁴ And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. ⁴⁵ And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, ⁴⁶ and he said to them, “Why are you sleeping? Rise and pray that you may not enter into temptation.”



Matthew. 26:36-38: Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” ³⁷ And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. ³⁸ Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”



**Now, if I were to ask you to give one word for what
Jesus is feeling, what would you say?**



Why Anxiety is Helpful

Why Anxiety is Helpful

- 1. For those who haven't trusted in the Lord: Anxiety is a painful experience meant to bring us to the end of ourselves.**
- 2. Anxiety is a helpful and painful reminder not to depend on our own strength or abilities to get us through this life.**
 - Felt anxiety is the first warning sign that we are being tempted to evaluate our circumstances and respond as though God does not exist.
- 3. Anxiety is a helpful and painful reminder that this life is broken and one day all things will be made right.**





Another Example in Scripture

Philippians 4:4-9: Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; 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. 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.

Being Versus Feeling

- **There seems to be a significant difference between feeling anxious and being anxious.**
- **There are no replacement emotions offered.**
- **We are called to change our focus and practice.**





How Emotions Change

How Emotions Change

1. Identify the Emotion and Learn the Narrative

- Trying to change emotions without understanding the underlying narrative is like dealing with the smoke in the house from a fire by opening a window. The smoke may go down a bit, but eventually the fire will burn down the house.



How Emotions Change

2. Adjust the Narrative According to Scripture

- **2 Cor. 10:5:** 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.
- **Romans 12:2:** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



A LITURGY FOR
EXPERIENCING
Road Rage

BE NOT QUICK IN YOUR
SPIRIT TO BECOME ANGRY,
FOR ANGER LODGES IN
THE HEART OF FOOLS.
ECCLESIASTES 7:9

If my heart were more content in you, O Lord,
I would be less inclined to rage at others.

Let me gauge by the knot in my gut,
the poverty of my own understanding
of the grace that I have received
from a God who, loving me,
chose rather to receive wounds
than to give them.

Take from me my self-righteousness,
and my ego-driven demands for respect.
Overthrow the tyranny of my anger, O Lord,
and in its place establish a better vision
of your throne, your kingdom, and your peace.

Amen.

How Emotions Change

3. Practice the New Narrative

- **Luke 6:46-49:** Why do you call me, 'Lord, Lord,' and do not do what I say? ⁴⁷ As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. ⁴⁸ They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. ⁴⁹ But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.



How Emotions Change

4. Embrace God's Pacing for your Change

- **Philippians 1:6:** being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.
- **Philippians 4:9:** What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.



Narrative Questions

- What narratives drive your life?
- What narratives make you get out of bed in the morning?
- What narratives motivate you to work? What narratives keep you from working?
- What narratives do you tell yourself about yourself?
- What narratives do you tell yourself to explain your struggles?
- What narratives do you tell yourself when you succeed?
- What are God's narratives for you in each of the above questions?



Narrative Questions

- What about this narrative is unhelpful? What is a better new narrative?
- What can help you remember your new narrative?
- If your new narrative is true, what will be different about what you do?
- How can you start practicing your new narrative?
- In what types of situations will it be most difficult to believe and follow your new narrative?
- Who can help you in this process?



MADE TO MINISTER CONFERENCE

Schedule

FRIDAY 23	6 pm	Registration & Check-In
	7 pm	Plenary Session 1
SATURDAY 24	8 am	Doors Open/ Registration & Check-In
	9 am	Plenary Session 2
	10 ³⁰ am	Break
	10 ⁴⁵ am	Workshop Session 1
	11 ⁴⁵ am	Break (lunch on your own)
	1 ³⁰ pm	Workshop Session 2
	2 ³⁰ pm	Break
	2 ⁴⁵ pm	Workshop Session 3
	3 ⁴⁵ pm	Break
	4 pm	Plenary Session 3



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Workshop Locations

TRACK 1	CONFLICT RESOLUTION South Auditorium
TRACK 2	COUNSELING CARE IN THE CHURCH Module C4 (outside)
TRACK 3	GENDER & IDENTITY Room B5 (upstairs)
TRACK 4	UNDERSTANDING EMOTIONS North Auditorium