

# *Emotional Turmoil*

△ Ps 13, Mark 1:40-45

## Introduction

Based on Ch 8 of Healing Care,  
Healing Prayer by Terry Wardle

Example of the bow without an  
arrow

Energy of the pulled bow is translated  
in the shooting arrow

But releasing a bow without an arrow,  
the energy cannot go anywhere, but in  
the bow

Weakening the bow and sometimes  
snapping it

## Emotions are energy

Internal energy created from a  
hurt is expelled when an individual  
releases the feelings of hurt

Unexpressed feelings eventually  
produce symptoms of ill health

in body, mind and/or spirit

Can lead to different levels of breakdown

And when a break-down occurs

It may fracture the person's life

or of those around then

# Two ways of dealing with the hurt

## 1. Keeping them all inside

Like the bow that is strung but never released

### Example Martha: ignored her emotions

She was sexually abused as a young girl

She had moved on

**But rarely expressed her feelings**

**Did not allow herself to talk about what caused her to feel this way**

**Suppressed the pain**

But she expressed herself in depression and a feeling of despair

The Lord, finally and through prayer, helped her to connect to her feelings

and allowed her to express in a way that helped her in her healing process

## 2. Firing emotions of indistinguishably

Release the tension of the bow by shooting arrows

But never reaching the target

Showing the emotion but never at the cause of having the emotion

by having emotional outburst

that does not resolve the underlying issue

### Example Mike:

Very accomplished surgeon

Generous spirit and attitude

but regularly rages at those closest to him

Family, friends, colleagues

blaming everyone else for this

blaming everyone else for this

Making the world for him more difficult

In Prayer and Conversation Mike realised he had never confronted his disapproving father

And therefore never addressing his real problem

## Understanding emotions

### Terry Wardle

Many people are battling with a torrent of unpleasant feelings, but remain unaware of the relationship between what they experience and what the underlying issues are

## Instructions

### Emotions are messengers

Terry Wardle: I found that my feelings were trying to tell me that there was a deep insecurity within that only Jesus could touch

Not that we base all our actions on feelings

But ignoring or suppressing them is not good either

### Identify emotions

Our culture is very much logic orientated: if you can see or proof it, it does not exist

So we are not used to label our emotions

## Emotions

not only: angry, happy, upset, depressed

But why: how did we feel when this happened

## Safe Space

Prayer Ministry offers a safe space to do this work

We do also have a Christian Counseling Service in Canterbury

## Permission

### Christian upbringing / culture

Do we allow ourselves to have emotions?

Especially the so called negative ones  
anger, grief, fear

Are we not happy, forgiving optimistic people?

Is this not what Jesus expect from us?

We are forgiven, restored, redeemed?

### Not so in Scripture

Filled with **compassion**, Jesus reached out and touched the man (Mark 1:41)

He looked around at them with **anger** and, **deeply distressed**, at their stubborn hearts said ... (Mark 3:5)

Stretch out your hand, healing of man in synagoge

He was **amazed** at their lack of faith

...He was **amazed** at their lack of faith  
(Mark 6:6)

When Jesus saw this, he was  
**indignant** (Mark 10:14)

...He was **deeply moved** in spirit and  
**troubled**. "Where have you laid him?"  
he asked. "Come and see, Lord," they  
replied. Jesus **wept**. (John 11:33-35)

## Jesus did not deny, kill or stuff feelings

expressed emotions openly and  
appropriately

Example for us to become healthy. and  
mature Christians

## Psalm 13

Psalmists unleashed dark feelings that  
oppressed them

feelings of doubt, disappointment and  
deepest fears

Frustration and rage

Abandonment, compulsive thoughts,  
depression and enemy attacks take a  
toll on the Psalmist

But he does not hide them or suppress  
them

He cries out to the one who can help  
him find freedom and deliverance

Expressing feelings is not only  
permissible, it is a biblical correct  
response to life.

Especially expressing feelings to God,  
through the Holy Spirit

Prayer