

The Effect of Restoring Your Heart (RYH) Ministry, Finding Roots of Bitterness, and Emotional Management, on Heart Healing: A Quantitative Study in Indonesia

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Abstract

This research was conducted to determine the relationship between a range of variables and to know the effectiveness of Restoring Your Heart (RYH) Ministry in Finding Roots of Bitterness, Emotional Management, and Heart Healing. Heart Healing with RYH Ministry is needed to improve emotional health. Healing occurs in the group with guidebooks. Understanding Emotions, Processing Pains, and Conquering Shame. These start with Finding Roots of Bitterness, Processing Pains, until one feels free from the bitterness. Freedom guided Emotional Management to grow Emotional Awareness and good skills in Self-Management and Relationship Management. Repentance, Forgiveness, Reconciliation, and Positive Thinking were indicated in healthy emotional people. This research was conducted quantitatively following a path analysis. Questionnaires were distributed to the Busur Emas Foundation community as it is a community that had participated in the RYH Ministry, and the GKJ Serpong Congregation as representatives of communities that had not participated in the RYH Ministry. The conclusions were: (1) The Effect of RYH Ministry, Finding Roots of Bitterness, and Emotional Management, on Heart Healing is significant with a recursive pattern emerging. (2) RYH Ministry is effective in Finding Roots of Bitterness, Emotional Management, and Heart Healing. It shows that RYH Ministry, which imitates discipleship from the Lord Jesus, effectively improves emotional health in people and builds it and to an extent saves persons bringing greater peace.

Keywords: RYH Ministry, Finding the Root of Bitterness, Emotional Management, Heart Healing.

Introduction

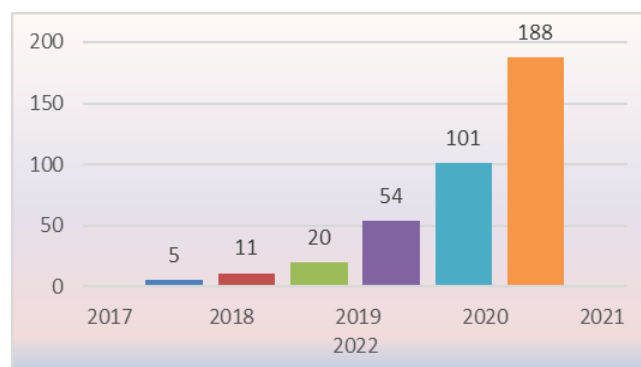
Research in America (<https://restoringyourheart.com/>, 2017) - shows that 80% of Christians do not grow spiritually, due to unresolved emotional problems. The results of Basic Health Research in Indonesia (<https://sehatnegeriku.kemkes.go.id/>, 2018) - show that more than 19 million people over the age of 15 experience emotional disorders. More than 12 million people

aged over 15 years tend to experience depression. Dr. Celestinus Eigya Munthe explained that around 1 in 5, or 20% of Indonesia's population has one or other mental disorder. Plt. Director General of Disease Prevention and Control of the Ministry of Health Dr. Maxi Rein Rondonuwu has said that the Covid-19 pandemic has increased the problem of mental health problems in Indonesia. Kompas.com on January 20, 2022 reported that violence in Indonesia has increased from year to year. The majority of victims are children and women. Children experience sexual violence. Women experience physical violence and Ming (2021) reported that there had been 12,308 cases of violence in Indonesia, 11,401 victims or 92.6% were women. Unfortunately, the majority of violence occurs in households and the perpetrators are the people closest to them, who should in essence act as their protectors. This illustrates how the closest people and households are not the desired safe and comfortable places to be in. People who have the heart to carry out violent acts are people who are generally mentally ill. A Report of the Bureau of Communication and Public Health Services, (Ministry of Health, October 7, 2021), reminds us of the results of the Sample Registration System conducted by the Research and Development Agency for 2016. A total of 1,800 people were sampled. Every day 5 people committed suicide and 47.7% were aged 10 - 39 years of age or were teenagers and productive. This situation is very concerning, since teenagers and those of a productive age in Indonesia make the wrong decisions, and are unable to complete or find a way out of the heavy burdens of life and opt to commit suicide.

Children learn by observing and imitating the behavior of their parents and those around them. There are no parents at school. The parent's behavior is also determined to an extent by imitating, observing, and exemplifying the behavior of their parents and the environment in which they grew up. Bitterness and heartaches must be resolved, so that they are not passed down to posterity. The Bible notes that parents' mindsets and behaviors impact and are passed down to as far as the third and fourth generations (Exodus 34:7). Children who grow up in families and environments that are disobedient to God, experience a lot of bitterness in their lives. Heartache and childhood trauma from parents are taken out on their children and passed down as bitterness moves on from generation to generation. Colossians 2:8 reminds us not to go astray with hereditary teachings that are not in accordance with Christ's teachings. Parents as educators and caregivers should thus be playing a role in directing children to the path of truth. The Bible warns "Whoever causes one of these little children who believe to be deceived, it would be better for him if a millstone were hung around his neck and he was thrown into the sea" (Mark 9:42, Matthew 18:6).

Since 2017, the Restoring Your Heart Ministry (hereinafter referred to as the RYH Ministry), began to be developed in Indonesia, by the Busur Emas Foundation under a license from the Worldwide Discipleship Association (WDA). Public interest is very high. Graph 1 shows the increase in the formation of new groups from year to year. This indicates that there is relevance to data from the Ministry of Health and the Ministry of PPA, that the emotional health of Indonesian citizens is at a critical level. Many residents need help so that their mental health can recover to desirable levels.

Graph 1
Development of Formation of New RYH Group in Indonesia



Nuri Rosyada (2017) has stated that if the environment is not supportive, people at the age of second puberty have a tendency to have affairs or be unfaithful to their partners. Neuman (2011) states that 48% of men who have an affair have done so due to emotional dissatisfaction with their partner. Eriningtyas (2018) states that the higher a person's level of emotional maturity, the lower the tendency to have an affair. So it is important to prepare the younger generation to grow and develop with emotional maturity according to their age. This can only happen if, from an early age, children get good parenting and a solid upbringing from their parents and if the reside in an emotionally healthy environment.

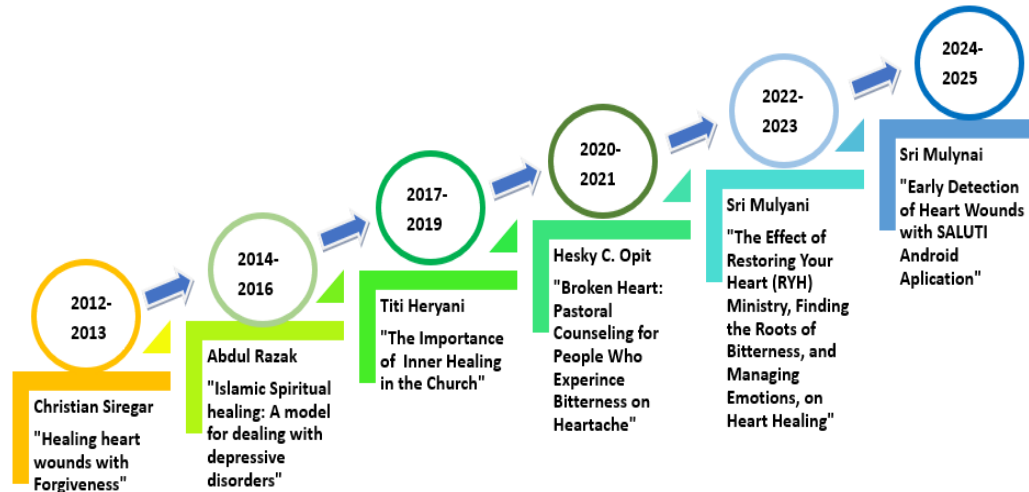


Figure 1: State of the Art

State of the Art (Fig 1. above) shows the relevant research conducted by Christian Siregar, Abdul Razak, Titi Haryani, and Hesky C. Opit, qualitatively, with literacy studies, inner healing methods, and psychological self-healing approaches used. The novelty of this research was due to it being (1) conducted quantitatively with path analysis, (2) Finding Roots of Bitterness is the first step for Heart Healing, (3) The Heart Healing occurred in the save persons community, (4) This was the first time RYH Ministry did research in Indonesia.

The *Busur Emas* Foundation community is a community that has received RYH Ministry and the *GKJ Serpong* Congregation is a community that has never received RYH Ministry. This research was conducted to find out if: (1) There is an influence of RYH Ministry, Finding Roots of Bitterness, and Managing Emotions, on Heart Healing, and (2) The effectiveness of RYH Ministry in Finding Roots of Bitterness, Emotional Management, and Heart Healing. This is to show empirically that the discipleship of the Lord Jesus can be proven to be effective in healing people.

This is the reason why some researchers conducted some research related to "The Effect of Restoring Your Heart (RYH) Ministry, Finding Root of Bitterness, and Emotional Management, on Heart Healing: A Quantitative Study at the *Busur Emas* Foundation and the *Gereja Kristen Jawa (GKJ) Serpong*".

Research methods

The research method is a quantitative one with path analysis. The total population was 468 people, (283 people from the *Busur Emas* Foundation community, and 185 people from *GKJ Serpong* Congregation). Sampling techniques with proportional random sampling were used. The number of samples was based on the Isac & Michael table. With a 5% significance level, the total sample of 199 respondents was obtained; 120 respondents were from the *Busur Emas* Foundation and 79 from the *GKJ Serpong* Congregation.

The operational definition of the Heart Healing variable is the process of healing the heart from pain so that it becomes healthy again, with dimensions including Repentance, Forgiveness, Reconciliation, and Positive Thinking. The operational definition of the RYH Ministry variable is Heart Healing Services carried out in a 'save person' group, with dimensions including Understanding Emotions, Processing Pains, and Conquering Shame. The operational definition of the variable Finding Roots of Bitterness is the process of discovering the cause of the emergence of spiritual poisons, with dimensions including Acceptance, Security, Self-Esteem, and Relationships. The operational definition of the Emotion Management variable is an act of controlling emotions in order to establish good cooperation with other people, with the dimensions namely Emotional Awareness, Self Management, and Relationship Management. Heart Healing (Y) as the dependent/endogenous variable. RYH (X_1) was the first independent variable. Finding Roots of Bitterness (X_2) was the second independent variable. Emotional Management (X_3) was the third independent variable. The validity test conducted was by the Pearson Product Moment.

The reliability test was performed with Cronbach's Alpha. Path analysis test requirements included: (1) Interval scale data, (2) Adequate sample size (above 100), (3) Normal distribution of data, (4) Variances between homogeneous groups, (5) There are exogenous and indigenous variables, (6) Relationship patterns between the variable is only one way, and (7) a causal relationship is based on an existing theory. A normality test was performed with the Kolmogorov Smirnov. A homogeneity test was also carried out with Levene. The Path Analysis that resulted shows that the pattern of relationships variable is a recursive. Value of $\epsilon_{X_1X_2X_3Y} = 0.643$ indicated that 64.3% of Heart Healing occurs due to factors other than RYH Ministry, Finding Roots of Bitterness, and Emotional Management.

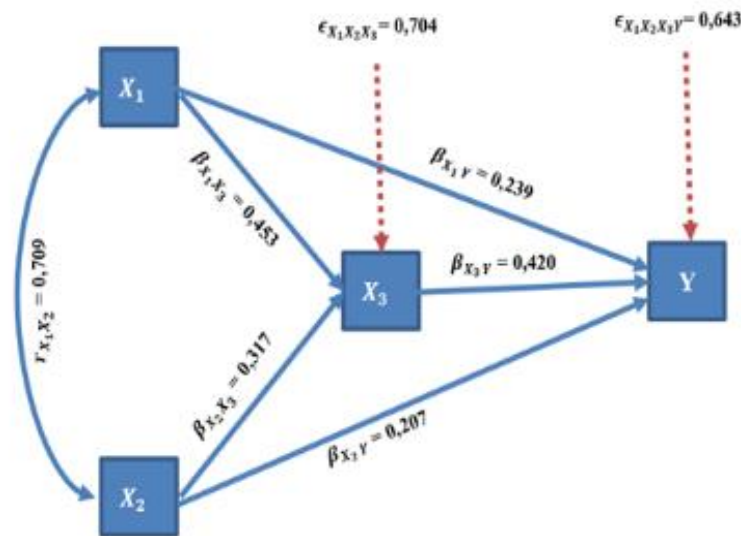


Figure 3: Relationship Design between Variables RYH Ministry, Finding Roots of Bitterness, Emotional Management, and Heart Healing.

Bitterness:

- X_3 : Emotional Management
- $r_{X_1X_2}$: Variable correlation coefficient X_1 And X_2
- $\beta_{X_1X_2}$: The path coefficient of the variable X_1 to X_2
- $\beta_{X_1X_3}$: The path coefficient of the variable X_1 to X_3
- $\beta_{X_2X_3}$: The path coefficient of the variable X_2 to X_3
- β_{X_1Y} : The path coefficient of the variable X_1 to Y
- β_{X_2Y} : The path coefficient of the variable X_2 to Y
- β_{X_3Y} : The path coefficient of the variable X_3 to Y
- $\epsilon_{X_1X_2X_3}$: Error value for model equation 2

$\epsilon_{X_1X_2X_3Y}$: Error value for model equation 3

To find out the effectiveness of RYH Ministry in Finding Roots of Bitterness, Emotional Management, and Heart Healing, carried out the following (1) Independence test, (2) Outliner analysis, (3) Comparison of Regression Equation Models, and (4) Path analysis.

The results of the independence test did not show the effectiveness of the RYH Ministry. The results of the outliner analysis in the matrix in tables 1 and 2 prove qualitatively and quantitatively that RYH Ministry are effective in Finding Roots of Bitterness, Emotional Management, and Heart Healing.

Table 1
 Outliner Matrix Respondent by variable

Variabel	Under Stem-leaf					Upper Stem-leaf				
	79	119	125	130	161	23	41	49	63	184
Heart Recovery										
RYH's Ministry	P	P	L	L	P					
Finding the Root of Bitterness										
Emotional Management						L	P	L	P	P
Totally		P								

Note: ■ GKJ Serpong aggregate
■ Busur Emas Foundation

Table 2
 Outliner Matrix Respondent by Dimension

Variabel	Dimension	Number of Responden													
		13	20	34	67	70	79	119	125	130	139	151	161	171	
Heart Recovery	Repent														
	Forgive														
	Make Peace														
	Positive Thinking							P							
Emotional Management	Emotional Awareness							P			L				
	Self Management	P		P		P		P				P			
	Relationship Management														
Finding the Roots of Betterness	Acceptance							P	L		L		P		
	Security														
	Self-Esteem														
	Relationships														
RYH's Ministry	Understanding Emotion		P		P								P	P	L
	Processing Pains						P	P		L					
	Conquering Shame								L						

Note: ■ GKJ Serpong aggregate
■ Busur Emas Foundation

Table 3 shows that the constant of the *Busur Emas* Foundation is positive. This indicates that the RYH Ministry has a positive effect.

Table 3: Summary of Data Processing and Desain of Variable

Description	<u>Busur Emas</u> Foundation	GKJ Serpong Aggregate
Equation 1	$X_2 = 0,641 + 0,798 X_1 + \varepsilon$ $(r_{X_1X_2} = \beta_{X_1X_2} = 0,640)$ <p style="text-align: center;">atau</p> $X_1 = 1,615 + 0,512 X_2 + \varepsilon$ $(r_{X_2X_1} = \beta_{X_2X_1} = 0,640)$	$X_2 = 0,481 + 0,852 X_1 + \varepsilon$ $(r_{X_1X_2} = \beta_{X_1X_2} = 0,804)$ <p style="text-align: center;">atau</p> $X_1 = 0,801 + 0,758 X_2 + \varepsilon$ $(r_{X_2X_1} = \beta_{X_2X_1} = 0,804)$
Equation 2	$X_3 = 0,768 + 0,406 X_1 + 0,283 X_2 + \varepsilon$ $(\beta_{X_1X_3} = 0,400) (\beta_{X_2X_3} = 0,348)$	$X_3 = 0,570 X_1 + 0,288 X_2 + \varepsilon$ $(\beta_{X_1X_3} = 0,515) (\beta_{X_2X_3} = 0,278)$
Equation 3	$Y = 0,511 + 0,208 X_2 + 0,526 X_3 + \varepsilon$ $(\beta_{X_2Y} = 0,230) (\beta_{X_3Y} = 0,473)$	$Y = 0,472 X_1 + 0,350 X_3 + \varepsilon$ $(\beta_{X_1Y} = 0,415) (\beta_{X_3Y} = 0,340)$
Desain of variabel		

Figures 4 and 5 support that the RYH Ministry has no direct effect on Heart Healing. Heart Healing occurs in stages from RYH Ministry, Finding Roots of Bitterness and Emotional Management.

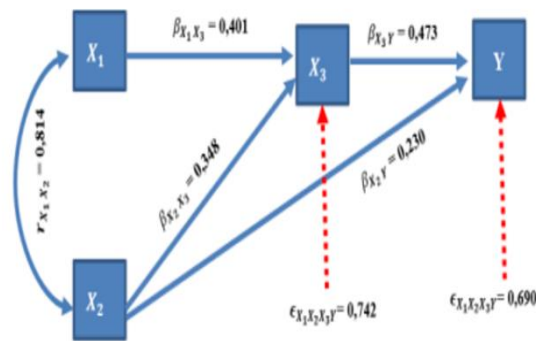


Figure 4: Relationship Design between Variables for the *Busur Emas* Foundation Community

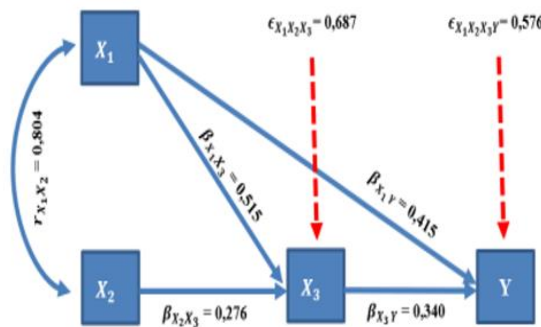


Figure 5: Relationship Design between Variables for *GKJ Serpong* Congregation

Results and discussion

The Effect of RYH Ministry on Finding the Roots of Bitterness

The value of $r_{X_1X_2}$ is **0.717**. It is categorized as a strong or high relationship. This shows how persistent Christians are in trying to do RYH Ministry and Finding Roots of Bitterness, so they can escape from the bitterness of life that is crushing them. This is in line with what the Lord Jesus did, he is free and all his life is not in bondage (Hebrews 2:15).

Understanding Emotions is the first step to emotional health. It was ascertained that 5 people or 2.5% of respondents, had problems understanding emotions. Although small in quantity, they are valuable and deserve to live an emotionally healthy life. They are entitled to receive God's grace, feel God's presence, and experience deliverance (Luke 4:18-19). They need help to be able to understand their emotions and express them in a healthy way. In order not to get lost by ignoring their emotions, running away with an addictive attitude, or becoming numb, humans must learn to be people who dare to face the realities of life by relying on God (Philippians 4:13).

Processing heart wounds must be done correctly and healthily, so that they do not cause trauma, rejection, discomfort, destroy self-esteem, and lead to broken relationships due to misunderstandings. It was found that 3 respondents had problems processing heart wounds. The Heart wounds must be processed so that they do not cause revenge, undue stress, and suicide. God does not want people to hold grudges, because the vindictive is unable to be present to bring peace, unable to be a witness for Christ, because in him it is not Christ who reigns. God does not want humans to live in stress. The Lord Jesus calls those who are heavily laden and weary to come to Him (Matthew 11:28) to obtain needed relief. God does not want people to commit senseless acts of suicide, because only God has the right to take life. Man has no right to take over the role of God. One respondent was found who has not been able to overcome his feeling of unworthiness. Humans were created in the image and likeness of God (Genesis 1:26). As a person who is in the same image and similar to God, the creator of the heavens and the earth, humans should feel grateful and proud of God's goodness. Having the belief that God gives the best in our lives (Jeremiah 29:11), we need to have firm faith, so that we are able to always be grateful in all circumstances.

Everyone is uniquely created for the glory of God. Each of us is also created differently. The difference is thus natural. We must be able to accept ourselves as we are, explore our talents, develop them, and live life so that it becomes more meaningful. This can be done by drawing closer to Him, seeking His will, and discovering God's mission in life.

The Effect of RYH Ministry on Emotional Management

The value of $\beta_{X_1X_3} = 0.453$ indicates the effect of RYH Ministry on Emotion Management is positive and in the sufficient category. By Understanding Emotions, Processing Pain, and Conquering Shame, humans are invited to cultivate emotional awareness that humans are dust (Genesis 2:7). Because of God's love and mercy, the dust was shaped and given the breath of life so that it became a human figure that was in the image and likeness of God. This is a gift that humans should be aware of. Emotional awareness is important to always develop within oneself so that humans do not forget their identity. God created man with His mission. Man must always draw near to God in order to understand his vocation. As a person who is in the same image and similar to God, humans must do Self-Management as exemplified by the Lord Jesus. Living as children of light (Ephesians 5:8-10) bears good, justice, and truth. We need to overcome the flesh and joyfully invite the presence of the Spirit of God to reign over the heart and self (1 Peter 4:14). Be as shrewd as a snake and as sincere as a dove (Matthew 10:16). Be patient (Proverbs 14:29). Quick to hear, slow to speak (James 1:29-20). Be gentle (Proverbs

15:1). Bring all desires in prayer (James 4:1-2). Control yourself (Proverbs 25:28). Live in God's wisdom (Proverbs 13:15). So that life does not become a stumbling block for others, it is necessary to implement Relationship Management. The key is obedience to God. Bless those who persecute (Ezekiel 36:26), Pray (Matthew 5:39,44). Do your best for everyone, and have mercy on the enemy (Luke 6:27-29, Romans 12:14, 17, 19-31). Be friendly, loving and forgiving one another (Ephesians 4:32). Do not repay evil with evil, but do the best for one another (1 Peter 2:23, Romans 12:17, 1 Thessalonians 5:15), Do not repay with revenge, because vengeance is God's right, defeat evil by doing good (Isaiah 35: 3-4). Present yourself as a 'child of light' (Ephesians 5:8-9)

With RYH Ministry, people are enabled to understand emotions and express the emotions they feel, find the roots of bitterness, and process heart wounds so that the roots of bitterness can be removed and detached from life. This is so that they may have the ability to manage their emotions in a healthy manner, have greater emotional awareness, be able to self-manage, and have healthy relationship management attitudes.

The Effect of Finding the Root of Bitterness on Emotional Management

The value of $\beta_{X_2X_3} = 0.317$ indicates that the discovery of the root of bitterness has a positive effect on managing emotions in the low/weak category.

In the Reception dimension there was no found *outline*. This shows that none of the respondents had problems with the acceptance dimension. People who feel accepted by their environment will be able to develop themselves, be creative, and come up with new ideas, and express themselves. They will appear as being who are calm and primed, able to respect others, have tolerance, and understand others. Within them we find growing emotional awareness. The fulfillment of the need for acceptance makes a person capable of self-management and relationship management. He or she has empathy and appears as a humble person. Their presence brings peace and is liked by many people. The sense of security dimension is not found in the outline. Respondents feel that the environment is very supportive for them to enjoy life comfortably without any disturbances. People whose need for security is fulfilled, have emotional awareness to appear as persons who protect and create a comfortable environment. Their self-management is good, so their presence doesn't cause chaos. Good relationship management with others, thereby minimizes conflict in relationships. Such a person can bring peace to himself or herself and the surroundings.

For the Self-Esteem dimension, there was a respondent number 139 who feels his self-esteem is destroyed. He felt his pride was destroyed because his opinion was not listened to and was not responded to properly by the people around him. He couldn't be proud of himself. It is necessary for him to cooperate with his environment, especially those closest to him who according to respondents are the triggers for the destruction of his self-esteem so that he has support in processing the wound in his heart. In addition, it is also necessary to instill awareness of the respondent's personal self-weaknesses, self-management, and relationship management that have been carried out. This self-evaluation needs to be done so that there is healthy communication with the environment. Everyone has the right to have an opinion, but may not force his opinion on others, be it a spouse or children. Each one must know and measure himself so that the opinions expressed are logical and well received by the environment. It needs an elegant way of considering ethics, speaking politely, and not offending others in expressing opinions. We need careful consideration before giving opinions, so don't just talk, so that our opinions have weight and have a positive impact on others so that they get the attention of the people around us. Paul in 2 Timothy 2:24-25 reminds us not to fight but must be friendly to everyone, and be capable of teaching, patient, and gentle so we can guide people who like to fight,

For relationship dimensions not found outline. The conflicts that occur within the respondent have no impact on the relationship. This shows the fairly good ability of the respondents to control themselves and maintain relationships with each other.

The Effect of RYH Ministry on Heart Healing

The value of $\beta_{X_1Y} = 0.239$ indicates that the RYH Ministry has a positive effect on Finding Roots of Bitterness in the weak/low category. People who are able to feel and express their emotions appropriately, process the wounds in their hearts, and overcome feelings of unworthiness, have the opportunity to experience Heart Healing. After participating in RYH Ministry, they repent, forgive themselves for their imperfections, forgive others who have hurt them, and even forgive God who they think is the cause of hurt because their wishes have not been granted.

They can make peace with themselves, with others, and also with God, the source of life. The mindset will be changed, from thinking negatively to thinking positively, because of the new understanding they got while participating in the RYH Ministry. Listening to sharing from friends in the RYH group can open up insights, that there are other people who have the same struggles or sometimes even much harder ones than they are experiencing.

Focusing is no longer selfish only thinking about yourself, but more open to listening and empathizing with others. Sharing experiences and strengthening each other makes life more meaningful. Being able to give thanks to God and understand that God's plan for our lives is the best plan (Jeremiah 29:11). Realizing that God is working in all things to bring us well (Romans 8:28).

The Effect of the Discovery of the Root of Bitterness on Heart Healing

The value of $\beta_{X_2Y} = 0.207$ indicates that Finding Roots of Bitterness has a significant positive effect on emotional management in the low/weak category. Finding Roots of Bitterness, which includes: Acceptance, Security, Self-Esteem, and Relationships have an effect on Heart Healing. Finding Roots of Bitterness and processing it in a healthy manner will help one make decisions to repent, forgive, make peace, and think more positively.

The Lord Jesus does not want humans to sink into the bitterness of life which makes their life dark. Life in God is living in the light, where there is peace and joy. God reminds us not to be conscious of our own understanding (Proverbs 3:5-6), but to experience a renewal of heart and mind. Leaving an old sinful life, drawing closer to God by pouring out all one's heart before Him, to get protection (Psalm 62:9). Do not live in worry (Psalm 55:23, Philippians 4:6), because worrying will not change anything, but leaving all the worries only to God. God wants people to live passionately, not in fear and heartbreak (Deuteronomy 31:8).

Fulfillment of the needs of Acceptance, Security, Self-esteem, and Relationship is very important so that humans are able to feel God's grace. Because God Himself is Most Gracious, who is able to meet all human needs, even willing to die on the cross to atone for human sins. God will give the best, He will not give stones to those who ask for bread (Luke 11:11). Man in his life must always think of all that is true, all that is noble, all that is just, all that is pure, all that is lovely, all that is admirable, all that is excellent and worthy of praise (Philippians 4:8). This can only be done by a person who has let go of the roots of bitterness and has had his heart restored.

The Effect of Emotional Management on Heart Healing

The value of $\beta_{X_3Y} = 0.420$ indicates that Emotional Management has a positive effect on Heart Healing and is in the moderate category.

There were 2 respondents, numbers 139 and 119 found to have low emotional awareness. They are the GKJ Serpong Congregation. Respondent number 139 thought that there were no good people, and sometimes he did not know when his heart was hurt, and he was unable to do self-introspection and identify the source of the wound in his heart. Respondent number 119 sometimes thinks that there are no good people at all, she realizes when her heart is hurt, but is unable to do self-introspection and identify the source of the wound in her heart. Heart Healing has not occurred in her because of her inability to think positively.

It was found that 5 respondents had problems with self-management, these were respondents numbered 79, 119, 139, 151, and 161. Respondents number 79, 119, 139, and 161 all came from the *GKJ Serpong* Congregation. The majority of them have problems making decisions, managing their hearts in dealing with people who are expressing their negative emotions, keeping their hearts from being dissolved in sadness, and moving on from any grief they may feel, as well as their ability to process wounds in the heart, Emotional Awareness, and positive thinking. Respondent number 151 is a woman from the *Busur Emas* Foundation. She is unable to move on from grief and understand the emotions she is feeling.

In the relationship management dimension, two respondents who had problems were found, namely, respondent numbers 119 and 161, both from the *GKJ Serpong* Congregation. Respondent number 119 felt unable to make decisions correctly, or control herself in relationships with other people or even acted carefully in relationships with others. She did not dare to remind when a friend made a mistake then felt unable to be present to guide people towards the path of truth according to the Word of God. She also has problems with Self-Management, Emotional Awareness, and Processing Wounds. Heart Healing has not happened because she has not been able to think positively. Respondent number 161 felt less able to make decisions correctly, control himself in relationships with other people, act carefully in relationships with other people, does not dare to remind anyone if a friend makes a mistake, and feels unable to be present to guide people to the path of truth according to God's Word. He also has problems with Self-Management and Understanding Emotions.

Emotional Management, in the dimensions of Emotional Awareness, Self-Management, and Relationship Management, is influenced by the dimensions of Understanding Emotions, Processing Pain, and Self-Esteem. Heart Healing effects were Repentance, Forgiveness, Reconciliation, and Positive Thinking, as an indication that the heart is healed and emotionally healthy.

Humility is the key to all of this. Realizing that one-self is an imperfect person fosters a sense of empathy and understanding that other people are also imperfect. This will tend to bring out compassion towards the person who has made his heart hurt and moved to forgive. Forgiveness of others is after all, one of God's commandments to us (Matthew 22:37-39).

Reconciliation with yourself is important, so that there is no rebellion within yourself. Reconciliation with the person who caused the heartache, if the situation permits, is also vital because the reconciliation process requires commitment from both parties. If the situation does not allow it, there is no need to force it, so as not to add to the hurt. The most important thing is to reconcile with God. This peace is realized by allowing God to reign in our hearts and lives, surrendering ourselves to be led by God toward the path of truth. People who are on God's path will be given the ability to think positively, see everything from God's point of view, and believe that God is involved in guiding every step of life. If God is for us who can be against (Romans 8:31). The strength that God gives will enable one to control their emotions and control themselves, so that the Heart Healing truly shines, a new heart and Spirit that comes from Christ (Ezekiel 36:26-27).

In the Heart Healing variable, the dimensions of Repentance, Forgiveness, and Reconciliation, are not found outlined. Thus, none of the respondents felt they had problems related to Repentance, Forgiveness, and Reconciliation. But for the Positive Thinking dimension,

respondent number 119 experienced problems. She felt her heart had not recovered. Her emotional management is not yet healthy, her Emotional Awareness, Self-Management and Relationship Management are still in trouble. This is related to the lack of ability to Process Heart Wounds.

The Effect of RYH Ministry through Emotional Management on Heart Healing

The value of $\beta_{X_1X_3Y} = 0.190$ states that RYH services through Emotion Management have a positive effect on Heart Healing in the low/weak category. If we observe respondent number 119. He has problems with the RYH Ministry variable, in Processing Heart Wounds. Regarding the Emotional Management variable, he has problems with Emotional Awareness, Self-Management, and Relationship Management. Regarding the Heart Healing variable, he has a problem with Positive Thinking. He is the only respondent with the most serious emotional problems and needs help.

The Effect of Finding Roots of Bitterness through Emotional Management on Heart Healing

The value of $\beta_{X_2X_3Y}$ is 0.133 indicates that Finding Roots of Bitterness through Emotional Management has a significantly positive effect on Heart Healing in the low category.

A member of the RYH group in the *Busur Emas* Foundation community provided testimony. After participating in the RYH Ministry with a workbook processing Pains, she can be free from dependence on taking medication from a psychiatrist. The psychiatrist was surprised because, in a relatively short time, about 4 months, she was able to control her emotions in a healthy manner and no longer took medication. She has found the root of bitterness that shackles her, the sadness of her father's passing. She feels unprepared to accept reality and feels rejected and insecure. This had an impact on the breakdown of his relations with her husband and children. She was released from work to cure her illness. She tried to seek medical treatment but found no indication of disease in her body. All of her organs are in normal condition.

Finally, the doctor referred her to a psychiatrist and he started taking drugs from a psychiatrist to control her emotions. While taking the drug, she felt emotionless. She is ignorant and has no empathy when she sees her child whining and crying. This made her confused and she thought of stopping the drug consumption so that empathy would hopefully reappear. She proceeded in the RYH Ministry until deliverance occurred. Now she can accept and admit her father's passing. She has been able to make peace with herself, her husband, her children, her family, and God. She no longer protests with God. She no longer blames her husband and children for the suffering she experienced. She can start back to work and her family's life is harmonious again. Her heart has been healing. Her emotions are healthy and under far better control.

The Effectiveness of RYH Ministry in Finding Roots of Bitterness, Emotional Management, and Heart Healing.

a) Analysis of Outliners

The outliner matrix based on variables (table 1) shows that respondents from *GKJ Serpong* played the role of outline under the steam leaf while respondents from the *Busur Emas* Foundation community played the role of outline upper the steam leaf. This shows that the emotional health quality of the *GKJ Serpong* Congregation is lower than that of the *Busur Emas* Foundation community. Therefore the outline matrix based on the dimensions in Table 2 shows that there were 7 respondents from *GKJ Serpong* with emotional problems ranging from 1 to 5 problems, while 2 respondents from the *Busur Emas* Foundation community with emotional problems ranging from 1 to 2 problems. This shows that in terms of quality and quantity, the *GKJ Serpong* congregation has a heavier burden of life. They suffered more than

the *Busur Emas* Foundation community. From outline analysis it can be concluded that RYH Ministry are effective in Finding Roots of Bitterness, Emotional Management, and Heart Healing. Because the *Busur Emas* Foundation community has proven to be emotionally healthier.

b) Comparison of Regression Equation Models

Equation 1

The value of the constant is significant and positive, regardless of the role of the variable, as the dependent or independent variable, both in the *Busur Emas* Foundation community and in the *GKJ Serpong* Congregation. This shows that the *Busur Emas* Foundation Community and *GKJ Serpong* Congregationalists stated that the RYH Ministry and Finding Roots of Bitterness had a positive effect. The variable coefficient values of both RYH Ministry and Finding Roots of Bitterness are significant and positive. This shows that RYH Ministry and Finding Roots of Bitterness are correlated and mutually reinforcing. RYH Ministry has a positive effect on Finding Roots of Bitterness. Finding Roots of Bitterness also has a positive effect on the RYH Ministry. This illustrates that the more frequently someone performs RYH Ministry, the more intense the Finding Roots of Bitterness will be. Likewise, the more Finding Roots of Bitterness, the more enthusiastic someone will be in participating in the RYH Ministry.

This illustrates that the process of learning about life must be carried out continuously until it reaches perfection at the end of life. With RYH Ministry and Finding Roots of Bitterness, we are invited to continuously process, self-reflect, introspect, investigate our hearts and minds, seek God's will in life, so that we are able to hear God's voice.

Equation 2

The constant value of the *Busur Emas* Foundation community is significant and positive. This shows that managing emotions has a positive effect. The coefficient of the RYH Ministry variable and the variable coefficient of Finding Roots of Bitterness are significant and positive. This shows that there is a positive influence of RYH Ministry and Finding Roots of Bitterness on Emotional Management. The more diligently you follow the RYH Ministry and the more someone proceeds in Finding Roots of Bitterness, the higher someone's ability to Manage Emotions.

Meanwhile, *GKJ Serpong* congregation members stated that if there were no RYH Ministry and Finding Roots of Bitterness, there would be no Emotional Management. This shows that RYH Ministry and Finding Roots of Bitterness are effective in Emotional Management.

2) Equation 3

The constant value of the *Busur Emas* Foundation community is significant and positive. This shows that Heart Healing has a positive effect. The coefficient of the RYH Ministry variable is not significant, the variable coefficient of Finding Roots of Bitterness and Emotional Management is significant and positive. This shows that Heart Healing occurs in stages, from RYH Ministry, Finding Roots of Bitterness, and Emotional Management. Meanwhile, the *GKJ Serpong* Congregation stated emphatically, if there is no RYH Ministry and Emotional Management then there will be no Heart Healing. The congregation of *GKJ Serpong* cannot experience the Finding Roots of Bitterness because they have not received RYH Ministry. They need the RYH Ministry for Finding Roots of Bitterness. Thus, from the comparison of the regression equation model, it can be concluded that RYH Ministry are effective in Finding Roots of Bitterness, Emotional Management, and Heart Healing.

Relationship Design Between Variables

Relationship design between variables shows that RYH Ministry and Finding Roots of Bitterness are mutually correlated and mutually reinforcing, and have an effect on Emotional Management and Heart Healing. Heart Healing occurs gradually through Finding Roots of Bitterness in RYH and Emotional Management Ministries. The relationship design between variables forms a recursive pattern. This shows that RYH Ministry is effective in Finding Roots of Bitterness, Emotional Management, and Heart Healing.

Other Influences

The value of $\varepsilon_{X_1X_2X_3Y}$ is 0.643. This shows that 64.3% of Heart Healing is determined by factors outside of RYH Ministry, Finding Roots of Bitterness, and Emotional Management. Human persistence in Emotional Management and Heart Healing through RYH Ministry and Finding Roots of Bitterness, the contribution is less than 50%. This indicates that in Heart Healing, the intervention of the transcendence who owns the heart is really needed. Those who wait on the Lord gain new strength. He is like an eagle that rises with the power of its wings (Isaiah 40:31). God will give a new heart and a new spirit. He will give an obedient heart (Ezekiel 36:26).



Sumber: https://web.facebook.com/ArtKintsugi/?_rdc=1&_rdp

Figure 6

Kintsugi Artwork at Lakeside Pottery Kintsugi Studio

Heart Healing is illustrated with the art of kintsugi in picture 6. The broken ceramics are glued together and the cracks on the ceramic are covered with 23.5 carat gold. The result is truly extraordinary, the ceramics are intact again, the appearance is very beautiful and elegant with a much higher selling price. Such is the picture of a broken and crushed human heart, God is able to turn it into a new heart and a new spirit, from the heart of the Lord Jesus, so that life becomes more meaningful and valuable.

Conclusion

There is a significant influence between RYH Ministry, Finding Roots of Bitterness, and Emotional management on Heart Healing, with a recursive relationship design between variables. This shows that Heart Healing with RYH Ministries happens gradually, through Finding Roots of Bitterness and Management of Emotions. RYH's Ministry is effective in Finding Roots of Bitterness, Emotional Management, and Heart Healing. The RYH Ministry have a positive impact on emotional health.

This shows that RYH Ministry as a discipleship model that imitates the Lord Jesus in preaching the good news is effective in building the faith of Christians. In order for the research to be of benefit to society, the results of this research will be socialized to the Church and Christian institutions, published in the form of an accredited journal and printed as a reference book. The community needs to be educated so that from an early age they are able to do "**SALUTI**" (**Sadar Akan LUka haTI** = Aware of Wounded Hearts). This will be done by creating and socializing the Android-based SALUTI early detection application so that people can easily find out the condition of their emotional health and know what to do if they detect emotional health



problems.

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