



Karla DOWNING

"God has graciously allowed me to speak from a place of personal and professional experience that touches hearts. It is my desire and prayer that each person who hears me speak walks away with practical and biblical information that is life-changing personally and relationally."

"Karla's messages are appropriate for every woman at any stage of life! Her rapid pace keeps you on your toes and the depth of her messages gives much food for thought."

— Deby Brown, Director of Grow Ministries
Yorba Linda Friends Church, CA

"Karla is an inspirational and down-to-earth speaker, ministering to the hearts and needs of women."

— Carrie Payne, Community Leader
Saddleback Community Church, Lake Forest, CA

"Karla is one of our lay counselors' favorite speakers with her deep insights on difficult relationships and many practical, personal, and biblical illustrations."

— Dave Collins, Pastor of Family Life Ministry
Water of Life Community Church, Fontana, CA

"Karla's personal testimony touched the hearts of women in crisis and enlightened and encouraged those who were not."

— Pennie Crutchfield, MOPS Coordinator, Mentor Moms
Bible Fellowship Church, Ventura, CA

"Karla gave the ladies at our Women's Weekend Extraordinaire powerful tools to get them unstuck."

— Michelle Cavinder, Women's Ministry Director
Crystal Cathedral, Garden Grove, CA

"Our couples thoroughly enjoyed Karla's encouraging, passionate, practical, and biblically-based message at our Valentines Day Dinner."

— Bob Koehler, Outreach Base Coach
Cypress Church, Cypress, CA

"With rare insight, humor, and personal experience, Karla Downing has a one-of-a-kind perspective on changing the dynamics in difficult relationships."

— Joel Holtz, Producer, KTIS Radio, St. Paul, MN

"Karla's testimony of her journey to health was compelling and inspiring."

— Jim Jones, Celebrate Recovery
First Evangelical Free Church, Fullerton, CA

"Karla has a profound understanding of difficult relationships, providing hope for those who are hurting."

— Pantelis Sideropoulos, Director of Family Life, Greece

Karla is an award-winning best-selling author, speaker, Bible study teacher, and licensed marriage and family therapist with two Master of Arts degrees. She also has a strong background in recovery ministry, as the former director of Friends in Recovery, a Christian Twelve Step program. Karla's passion is to see individuals, marriages, and families set free from the chains of dysfunction, misunderstanding, and emotional pain personally and relationally. Her messages provide practical and biblical truths that bring balance and clarity to life and relationship issues. She also desires to equip ministry leaders and lay counselors to reach out more effectively to those that are struggling with difficult relationships.



10 Lifesaving Principles for Women in Difficult Marriages was a finalist for the 2004 Gold Medallion Book Award from the Evangelical Christian Publisher's Association and has been published in Nigeria, Indonesia, and China.

Downloadable Bible studies are available for all three books.



Karla speaks to the following audiences: women, men, couples, college, high school, recovery, lay counselors, and Christian leaders.

SPEAKING TOPICS

Nurturing the Nurturer:

Finding Biblical Balance in Life and Relationships

Women are by nature nurturers, but too often they nurture others and neglect themselves. Being a Christian does not mean you give without limits, tolerate anything, ignore your own needs, and never confront. Both your needs and the needs of others matter, but in order to figure out how to apply this truth, you need to understand some basic scriptural principles.

Acceptance: The Pathway to Peace

Energy spent trying to change the things you cannot change is wasted. Acceptance of people, the past, and the circumstances beyond your control frees you to change the things you can, move deeper in your walk with God and others, maximize your potential, and enter God's rest.

From Ruins to Restoration:

A Personal Journey Through Difficult Relationships

Karla's journey from childhood to marriage to parenthood has been one of disappointment and pain in difficult relationships. Yet, God in His faithful fulfilling of His purpose for her has restored the ruins to bring glory to His name and hope and healing to others.

The Truth in the Mirror:

Finding a Healthy Self-Image

Our self-images include the damaged, projected, reflected, stained, and false images each of us carry. We can be set free from our past mistakes, the inaccurate images others have placed on us, useless comparisons, and the unrealistic expectations we place on ourselves. We become "real" when we see ourselves accurately, accept ourselves completely, live transparently, and measure our worth according to God's values.

How to Really L-O-V-E Your Mate

Lost that loving feeling? Love is linked to understanding and acceptance. When people look at the world through their mates' eyes, they have more compassion, tolerance, acceptance, forgiveness, and grace—all of which results in feeling and acting more loving toward them *(Suitable for just women or men and couples.)*

Living, Loving, and Thriving in a Not-So-Perfect Marriage

The 10 Lifesaving Principles give practical and scriptural ideas for people in not-so-perfect marriages. They include: Understand Scriptural Truths, Reach Out to Others, Change Yourself, Not Him/Her, Detach with Love, Nurture Yourself, Face Your Fears, Speak the Truth in Love, Set Boundaries, Make Your Children a Priority, and Enter God's Rest.

10 Principles to Transform Difficult Relationships

Difficult relationship dynamics are complex whether it is with a spouse, adult child, parent, sibling, or grandparent. The 10 Transforming Principles offer scriptural and practical insight on how to deal with these relationships in a healthy and Christ-like way *(Suitable for general audiences, lay counselors, and ministry leaders.)*

How to Minister to Women in Difficult Marriages

Ministering to women in difficult marriages is challenging. This talk provides ministry leaders with insights that enable them to understand the complex relationship dynamics, unique spiritual battles, and common scriptural misunderstandings, and offer practical help with scriptural truths that facilitate hope and healing.

Other topics also available to suit the needs of your group and event.



CONTACT INFORMATION

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