

Bridgeway Community Church
Series: Overwhelmed
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Overwhelmed: Embracing the Emotional Part of Me

Regret Anger Nervousness **Grief** Empathy

Good Grief. Is it possible to go through grief in a good way?

Matthew 26:36-46

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, **"Sit here while I go over there and pray."** ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, **"My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."**

³⁹ Going a little farther, he fell with his face to the ground and prayed, **"My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."**

⁴⁰ Then he returned to his disciples and found them sleeping. **"Could you men not keep watch with me for one hour?"** he asked Peter. ⁴¹ **"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."**

⁴² He went away a second time and prayed, **"My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."**

⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵ Then he returned to the disciples and said to them, **"Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners. ⁴⁶ Rise, let us go! Here comes my betrayer!"**

Jesus' Sorrow

Jesus' Support

Jesus' Submission

Jesus' Sorrow

- we are really speaking of Jesus being weary, exhausted with emotion
- v. 38: Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."
- This is a definition of grief: overwhelmed with sorrow

Luke 22:44

And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Application: When you are overwhelmed with grief, go to God.

- be authentic with God about the sorrow/grief
- sometimes we go away from God because the pain is too deep, to things that are not healthy

Jesus' Support

Not only did Jesus go to God the Father, he had people with him

Application: When you are overwhelmed with grief, gather with others.

- v.36: Then Jesus went **with** his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."
- v.37: He took Peter and the two sons of Zebedee along **with** him, and he began to be sorrowful and troubled.
- v. 38: Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch **with** me."
- v.40: Then he returned to his disciples and found them sleeping. "Could you men not keep watch **with** me for one hour?" he asked Peter.

When we are grieving, we should not grieve alone. We should have people WITH us.

- Job had 3 friends
- Jesus had 3 friends

Your friends might not be perfect, but your friends are there.

- you have to show up

Luke 22:45

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow.

- The disciples are grieving WITH Jesus

Jesus' Submission

v.39: Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

v.42: He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

Jesus had to make a decision about his will versus God the Father's will.

Application: When you are overwhelmed with grief, give yourself to God's will.

WARNING: it takes time to get to this stage of grief called acceptance.

5 STAGES OF GRIEF - Dr. Elisabeth Kübler-Ross

Denial	Anger	Depression	Bargaining	Acceptance
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Denial - "This is not happening!" It is normal because you are grieving a loss that you weren't expecting.

Anger - "I am mad that this happened!" Mad at God, someone else or yourself.

Depression - “I can’t handle this happening!” This is when you hit the lowest.

Bargaining - “If I change, can you keep this from happening again?” Even Jesus! v.39

Acceptance - “Ok, this is my new reality.” v.40

Bonus Thoughts

These are STAGES, not STEPS. Grief is not these steps in sequential order. More like a ping-pong ball bouncing from one stage to another for short or long periods of time. We all grieve differently.

“There are really only two stages of grief: who you were before and who you are after.”

Grief is a container of emotions, not a single emotion. They are all okay: sadness, anger, guilt, joy, gratitude, anxiety, relief, confusion, frustration, numbness, fear, hope, resentment, yearning, envy.

Grief can be set off by loss of many kinds of things, not just death: losing a job, losing a church, not being in-person services for 37 weeks, the things we have gone through racial tension, highly politicized election season, attending another Zoom funeral, loss of a friendship, loss of a marriage, etc.

Matthew 5:4

[Jesus speaking] **Blessed are those who mourn, for they will be comforted.**

Revelation 21:1-5

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. ² I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. ³ And I heard a loud voice from the throne saying, “Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. ⁴ He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” ⁵ He who was seated on the throne said, “I am making everything new!”

John 14:1-3

[Jesus speaking] "Do not let your hearts be troubled. Trust in God; trust also in me. ² In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

Psalms 30:5 NKJV

Weeping may endure for a night, but joy comes in the morning.

"I'll Fly Away" by Albert Brumley

Some glad morning when this life is o'er
I'll fly away
To a home on God's celestial shore
I'll fly away

I'll fly away, oh Glory I'll fly away when I die
Hallelujah by and by I'll fly away

When the shadows of this life have flown
I'll fly away
Like a bird from prison bars has flown
I'll fly away

I'll fly away, oh Glory I'll fly away when I die
Hallelujah by and by I'll fly away

Just a few more weary days and then
I'll fly away
To a land where joy shall never end
I'll fly away

I'll fly away, oh Glory yes
I'll fly away
when I die hallelujah by and by
I'll fly away

