



emotionally

HEALTHY SPIRITUALITY

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**CHURCH-WIDE INITIATIVE**

# Enlarging Your Soul Through Grief and Loss: Part 5

Matthew 26:36-46

1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself that You May Know God
3. Going Back in Order to Go Forward
4. Journey Through the Wall

# Enlarging Your Soul Through Grief and Loss: Part 5

Matthew 26:36-46

5. **Enlarge Your Soul Through Grief and Loss**
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow into an Emotionally Mature Adult
8. Go the Next Step to Develop a “Rule of Life”



36 Then Jesus came with them to a place called Gethsemane, and said to the disciples, “ Sit here while I go and pray over there.” 37 And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. 38 Then He said to them, “ My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”

39 He went a little farther and fell on His face, and prayed, saying, “ O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will

Then He came to the disciples and found them sleeping, and said to Peter, “ What! Could you not watch with Me one hour? 41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

42 Again, a second time, He went away and prayed, saying, “ O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done.” 43 And He came and found them asleep again, for their eyes were heavy.

So He left them, went away again, and prayed the third time, saying the same words. 45 Then He came to His disciples and said to them, “ Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners. 46 Rise, let us be going. See, My betrayer is at hand.”

A Man of sorrows and acquainted with grief. Isaiah 53:3

And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground. Luke 22:44



# 1. Listen (to the Interruptions)

Losses are interruptions to our plans.



## 2. Learn (to fall)

who, in the days of His flesh, when He had offered up prayers and supplications, with vehement cries and tears to Him who was able to save Him from death, and was heard because of His godly fear. Hebrews 5:7

Opposite of the spirituality of ascent.

### 3. Break your Self-Will

*Although he was a son, he learned obedience from  
what he suffered.*

*Hebrews 5:8*

## 4. Brings us finally to a place of deep love and letting go

*40 Then He came to the disciples and found them sleeping, and said to Peter, “ What! Could you not watch with Me one hour?*

*43 And He came and found them asleep again, for their eyes were heavy.*

*45 Then He came to His disciples and said to them, “ Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners.*

God was seeking championship and gave up control.

## 5. Grieving empties our hearts of junk

– making more space for God to fill.

We absorb our pain. It enlarges our soul.

We are not meant to be the Same.



## 6. Praying is at the center of discipleship.

*42 Again, a second time, He went away and prayed, saying, “ O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done.”*

Prayer is not a luxury, it is a dependency.

*I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.*

John 12:24