

Peter at Gethsemane

Jesus declared that He was deeply grieved and suffering from emotional distress – “And began to be grieved and distressed. Then He said, ‘My soul is deeply grieved, to the point of death.’” (26:37a- 38b)

The Greek word for grieve is (lupeo / p.p.infin) and the word for deeply grieved is perilupos/ feeling of being trapped in on every-side; without options; engulfed).

The Greek word lupe (grieve) is the opposite of the Greek word joy (chara). It reflects the opposite mental attitude in soul.

Principle: This passage teaches that it is possible for a believer to be grieved to the point of death from emotional distress and to temporarily lose his joy and not sin BECAUSE IT HAPPENED TO JESUS! “For we do not have a High Priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.” (Heb.4: 15)

The question is when does emotional distress become sin? What line must be crossed in order for it to become sin?

**This lesson will study FOUR steps to take to prevent or to recover from emotional distress
“My soul is deeply grieved to the point of death.”**

Jesus became emotional distressed when He felt trapped between conflicting and unresolved choices.

- **First prayer of Jesus** - “My Father, if (1cc) it is possible, let this cup (suffering of cross for sin of world) pass from Me (and I know that all things are possible with You), yet not as I will, but as Thou wilt.” (26:39)

The content of these three prayers shows us steps to recovery from emotional distress.

The **first step** is to identify clearly the blocked goal or want. This is where the conflict of choices became a stressful issue.

In Jesus first prayer, what did He want?

For the cup to pass. Why? (cross and sin of world) why? (Separated from God).
What is in conflict? (Jesus’ desire verses God’s will)

The **second step** is to identify clearly the primary hindrance to reaching your goal. This is where the emotional distress comes into play. What is the primary thing preventing Him from reaching His goal?

The **third step** is to identify other alternatives possible to help you attain your goal.

- **Second and third prayers of Jesus** – “My Father, if (1cc) this cannot pass unless I drink it (cross) (and I know that it cannot according to the word of God), Thy will be done (to thelema ginomai/ a.p.impv).” (26:42, 44)

Were there any alternatives possible to help Jesus reach His goal? _____ (What was His goal?)

The **fourth step** is to identify the frustrating emotions that are upsetting you in dealing with these three blocked attempts of reaching the goal. Do not let them develop into mental, tongue or overt sins (James 1:14-15).

Jesus was grieved, distressed, and deeply grieved to the point of death yet without sin. He felt trapped and full of grief until He prayed the second prayer. Pay special attention to the content of the second prayer.

RECOVERY: You must change your goal / want which changes the hindrances, which change the frustrations and the emotions that are upsetting you and allow you to “consider it all joy.” (James 1:2)

“Fixing our eyes on Jesus, the author and perfecter of faith, Who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” (Heb.12: 2)

Notice that Jesus used prayer to successfully work through this emotional distressed situation – “The effective prayer of a righteous man can accomplish much.” (James 5:16; 1 John 5:14-15; Jude 20)

Work through the following 2 cases by using the four step recovery program.

[Your teen is invited to go to Florida with a church group but parent’s say NO. They said NO because of the teen’s recent drop in school grades. The teen had been warned that he would lose social free time if grades dropped. This upset the teen. The teen tried unsuccessfully to change the parent’s mind and rules. He promised the parents better grades next time but they said NO. When the teen realized the parents were not going to change their minds, he became confrontational and verbal towards the parents and stomped out of the room. He feels alone and that his parents don’t understand or care about his needs.]

[A businessman has a very important appointment at 10am. In getting ready, he runs behind and than discovers that he has lost his keys. When he realizes that he will be late and maybe miss it, his heart begins to beat faster and he begins to sweat uncomfortably. The more he looks and runs later, the more he becomes emotionally distressed. He calls family and friends who are unable to help and he panics and becomes angry and blames himself and others. He feels like a failure.]

<u>Steps</u>	<u>Initial Response</u>	<u>Changes</u>
1 – blocked goal / want	_____	_____
2 – primary hindrance	_____	_____
3 – Alternatives	_____	_____
4 – Frustrating emotions and sin	_____	_____

- How important is it to identify it immediately as a trial or temptation?
- How important is filling and fruit of Holy Spirit (Gal.5: 16-17, 22-25)?
- How important is effective prayer?
- How important is the faith cycle of CBD?
- How important is the geographical, mental, and operational will of God?

“Consider it all joy, my brethren, when you encounter various trials.” (James 1:2)

“...Who for the joy set before Him endured the cross.” (Heb.12: 2)