

in joy surprise peace fear anger  
confusion excitement pride  
jealous **getting** grieved tired  
expressed **past** hurt secure  
lonely trust **i'm** distant go  
numb content **fine** anxious  
powerful insecure thankful

developing emotional health

## GETTING THROUGH EMOTIONAL STRESS

Pastor Reggie Roberson

**WARM UP QUESTION:** Describe a time when you were stressed. What caused you to be stressed?

**READ:** *Matthew 26:36-45 (ESV)*

**FOCUS:** Jesus is our example and our empowerment for getting through emotional stress.

### OBSERVE:

- Jesus is our example for getting through emotional stress. He is about to suffer an excruciating death. Jesus feels so much stress that, according to Luke, He sweats blood.
  1. Vs 36 Invite others to be with you: Jesus invited His disciples into His emotionally stressful moment. We often try to go through stress alone and push through it. Or we are afraid to share that we are stressed because we think that it means we don't have enough faith. But Jesus, the perfect human, invites others in. He invited them to be present and pray- not to try fix the problem.
  2. Vs 38, 39, 44 Pray continuously: Jesus brought His emotionally stressful situation to God. Jesus fell face down and prayed, authentically expressing what He is feeling and thinking. When we air our situation before God, we can receive healing. Jesus even prays a third time saying the same thing again. Praying multiple times

results in us being changed to be the people God is calling us to be.

3. Vs 38 Trust the Heavenly Father: Many times in the Bible God delivers people out of circumstances after they pray many times. This time, God doesn't do that but instead strengthens Jesus in the moment. As Jesus is praying, He becomes aware of the will of God. The key to driving out anxiety is coming in contact with the love of God. (1 John 4:17)
  - Jesus is our empowerment for getting through emotional stress. God the Father allowed Jesus to be pressed for our sake. He endured all of this so He could be our High Priest, our Advocate, knowing what we've gone through. (Heb 4:14-16). Since Jesus handled this situation rightly and went to the cross, we now have access to the Father and to salvation.

### REFLECT:

- Are you presently experiencing any emotional stress? What is causing it?
- Are there people in your life that you can bring into your moments of emotional stress?
- Other than praying to God, what do you tend to turn to when you are experiencing emotional stress?

### TAKE ACTION:

- Identify a few friends with whom you can share honestly with and pray with. If you can't identify anyone, join a life group.
- If you are experiencing emotional stress right now, honestly bring those feelings and thoughts to God.

**PRAY:** *Heavenly Father, thank You for Your love for us. By the power of the Holy Spirit, help us to follow the example of Christ when He was pressed. Help us to fully trust You and be able to say, "Not our will, but Your will be done." Jesus, we thank You that You know exactly what we are going through and are strengthening us in the midst of our emotional stress. In Jesus' Name, amen.*

