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| **SERIES** | We Need to Talk About… |
| **BIBLE** | Matthew 26:36-46, Psalm 88 |
| **TITLE/TOPIC** | We need to talk about sadness & depression  |
| **OVERVIEW** | While heading to the garden of Gethsemane, the gospel says that Jesus “began to be sorrowful and troubled.” Jesus tells those with Him, “My soul is very sorrowful, even to death.” As we think about what it means to follow Jesus, it is both comforting and empowering to know that if it was not sin for Him to experience sorrow, then it is not sin for us to experience it as well. |
| **SCRIPTURE BREAKDOWN** | Vs37 – “and he began to be sorrowful and troubled”* The idea of *troubled* is feeling anxious.
* Taken together, to say that Jesus is feeling sorrow and anxiety is to say he was feeling dread.

Vs 38 – “My soul is overwhelmed with sorrow to the point of death.” * Similar to Jonah saying he is angry to the point of death (Jonah 4:9), Jesus is saying his sorrow is at a similar depth.
* The picture is of one at the deepest level of sorrow humanly possible. Jesus is in essence saying, “I am so full of sorrow it is killing me.”
* Seeing this phrase in a way that downplays the extreme emotions of the Jesus but rather takes it as saying “I am sad in the face of death” is a misreading of the text (R.T. France)
* Psalm 88 is a good cross reference to consider. Psalm 42:5-6 also.

This image of the incarnation is powerful and important. It may be awkward or uncomfortable to speak of Jesus with such terms of sorrow and weakness. But it is important to allow the scriptures to change our perceptions, and not allow our presuppositions to change what is being communicated in scripture. Other places in scripture we see sadness and lament expressed: Psalm 28:1-2, Psalm 38:3-9, Psalm 42:9-11, Psalm 88:1-7What in the garden does Jesus model for us to consider for our own lives? * **Be honest about sadness, anxiety and sorrow – don’t minimize or downplay these emotions**
	+ Lament is a biblical principle we are invited into. Over and over throughout scripture lament is modeled for people.
	+ When we go through life’s worst seasons, we must speak our pain, name our struggles. To not do so ignores the biblical model
		- Which word best describes what you are experiencing?
		- What images come to mind that illustrate or articulate what you’re experiencing?
	+ *Horrible ways to respond to pain and sorrow:*
		- **Skip it.** Too often people want to jump past the pain of a situation to focus on the positive. This actually can do more damage to a person, compared to the healing and strengthening effect of lament.
		- **Minimize by comparison.** “There’s a lot of people hurting right now, so toughen up and keep going.” Seeing how others go through pain can actually be strengthening when we do this to see how they got through it. But when a comparison is made that doesn’t acknowledge what someone else is going through based on the generality that others are going through things as well, this is actually a stifling manipulation of others that prevents healing.
	+ Pain & sorrow is meant to be felt, not buried or disguised!
* **Inviting others into our sorrow helps move through it.**
	+ Jesus not only named his sorrow and dread, but He named it to others. He invited people to sit with him in the pain.
	+ Two things to consider:
		- For the one in pain: It is an act of strength, not weakness to invite others into your sorrow.
		- For the one invited into it: When someone invites you into their pain, be with them – don’t try to fix them.
	+ Cross-references 🡪 1 Corinthians 12:26, Galatians 6:2
	+ “Now is the time for tears Don't speak Save your words There's nothing you could say To take this pain away Don't try so hard You can just simply be Cry with me don't try to fix me friend That's how you'll comfort me”- Charlie Peacock, from *Now is the Time for Tears*
* **Trust the wisdom of God with your pain and sorrow**
	+ The son articulated two things to the father:
		- My Father, if it is possible, may this cup be taken from me.
		- Yet not as I will, but as you will.
		- In the first, He is asking the Father for another way. He is asking that the pain would end, that the suffering would be avoided, that the cross would not happen. He who knew no sin did not sin praying this prayer.
		- In the second, the son trusted and submitted to the will of the Father. “I really don’t want to go this route, but I trust you that this is the route to take.”
	+ In a similar fashion, it is permissible to ask God to change things, to take us a different route, to remove the suffering. However, this must be done with a spirit of trust and submission. It is OK to ask God to go a different route, as long as we are willing to trust the route He does take.
	+ Let these emotions be an invitation to healing and worship!
		- Isaiah 53:4, Psalm 34:18, Psalm 42:1-6
		- God cares for us in our lowest moment. He’s isn’t a father that tells us “don’t cry” or “You’re OK” – he’s the father that sits with us, cares for us, and walks with us.

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| **GOSPEL** | * 14 Therefore, since we have a great high priest who has ascended into heaven, p Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:14-16
* 8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 10 That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:8–10
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| **NEXT**STEPS | Begin | Connect | Engage | Grow | Disciple |