

**Relationship Revolution:
*Emotionally Healthy
Spirituality***

*Enlarging Your Soul Through
Grief and Loss*

Matthew 26:36-46

Enlarging Your Soul Through Grief & Loss

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. Journeying Through the Wall
- 5. Enlarging Your Soul Through Grief and Loss**

Enlarging Your Soul Through Grief & Loss

Matthew 26:36-46

Deep Grief and Loss for Jesus – Matthew 26:36-38

Sorrowful - sad / heaviness

Troubled - great distress or anguish, depressed

Confides in the three closest to him

*He was despised and rejected by men, a man of sorrows
and familiar with suffering.*

Isaiah 53:3

LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

Enlarging Your Soul Through Grief and Loss

#1 Pay Attention – Listen to the Interruptions of
Grief and Loss

- Counter Cultural
- Beauty of Brokenness
- Loosening the grip of Control

Enlarging Your Soul Through Grief & Loss

Matthew 26:36-46

Jesus Wrestling and Waiting – Matthew 26:39-44

Cup - suffering and death, wrath of God

Wrestling 3x's

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

Hebrews 5:8

LEARNINVESTFOLLOWEXPERIENCE **APPLICATION**

Enlarging Your Soul Through Grief and Loss

#2 Wrestle (Wait) to Accept the Mystery

- Our culture has no room for this confusing
in-between

Enlarging Your Soul Through Grief & Loss

Matthew 26:36-46

Jesus Walking in Grief and Loss – Matthew 26:45-46

Embracing his loss and moving forward (Jesus does not get his miracle)

LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

Enlarging Your Soul Through Grief and Loss

#3 Walk through Your Brokenness

- Learn Dependence
- Learn to Pray (Relationship)



