

ADJUSTING TO A NEW REALITY

MATTHEW 26:36-39 | ERIC SIMPSON | MAY 3, 2020

“What do we do during those times when we are too tired to read the Gospels, too restless to have spiritual thoughts, too depressed to find words for God, or too exhausted to do anything?” – Henri Nouwen

The Paschal Mystery:

- Crucifixion – name our deaths
- Resurrection – claim our births
- The 40 days – grieve what you have lost and adjust to the new reality
- Ascension – let go of the old, refuse to cling to what was, let it ascend
- Pentecost – accept the new spirit for this new life that you are in fact living

Matthew 26:36-38

*³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.”
³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”*

Matthew 26:39

Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

Jesus in the Garden of Gethsemane...

1. **Slowed down**
2. **Was honest with his emotional pain**

5 stages of grief by Dr. Elisabeth Kubler-Ross:

- **Denial** – It will all be fine.
- **Anger** – This can’t be happening.
- **Bargaining** – If only I would have...
- **Depression** – I’m sad and weary.
- **Acceptance** – This is my new reality.

3. **Prayed**

Psalms 5:1

...O Lord consider my sighing.

Psalms 13:2

How long must I wrestle with my thoughts and every day have sorrow in my heart?

Psalms 42:5

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God

Psalms 88:18

You have taken my companions and loved ones from me; the darkness is my closest friend.

Psalms that help us adjust to a new reality:

Psalms 23, Psalm 63, Psalm 84, Psalm 93, Psalm 131

“The prayer preceding all prayers is this—May it be the real I who speaks. May it be the real Thou that I speak to.” – C.S. Lewis

4. **Wanted his friends around him**

sacred companions = people know God well and know you well

“Trauma is where severe emotional pain cannot find a relational home in which it can be held.” – Dr. Robert Stolorow

“Unless we mourn properly our hurts, our losses, life’s unfairness, our shattered dreams...and all the life that we once had but that has now passed us by, we will either live in an unhealthy fantasy or an ever-intensifying bitterness.” – Ronald Rolheiser