

# Jesus called a timeout when feeling overwhelmed

~ Mark 14:33-42 ~

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How do we deal with the emotional and mental distress caused by our life challenges?

**When Jesus felt overwhelmed,**

1. He called a \_\_\_\_\_ to be alone with God

*Mark 14: 34-35 ...he said to them. "Stay here and keep watch." Going a little farther, he **fell to the ground and prayed...***

2. He \_\_\_\_\_ his \_\_\_\_\_, and put them into words

*Mark 14: 33-34 ...he began to be **deeply distressed and troubled**. "My soul is **overwhelmed with sorrow to the point of death**," ...*

"Labeling your emotions is key. If you can name it, you can tame it." (Psychologist Marc Brackett at Yale University)

3. He \_\_\_\_\_ his \_\_\_\_\_ behind his emotions

*Mark 14: 35-36 ... he fell to the ground and prayed that if possible the hour might pass from him. 36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."*

"We live in the **emotional reality** that **WE create**." (Psychiatry Professor David Burns at Stanford)

4. He \_\_\_\_\_ his thoughts

*Hebrews 12:2 looking to Jesus, the founder and perfecter of our faith, who **for the joy that was set before him** endured the cross, despising the shame,...*

## ❖ It's a **Repeated Process**

*Mark 14:39-41 And **again** he went away and prayed, saying the **same** words. And **again** he came and found them sleeping... And he came the **third** time and said to them...*

# Speak from the Heart *Word Finder*

## Put your **Feelings** into *Words*



Be a feelings detective:

Find the **word** that expresses the **feeling**. Put a star by any feelings that you have had today. Put a check by feelings that you have observed in others. Add new words in the blank spaces.

**Happy** comfortable  
 pleased relaxed content  
 proud peaceful optimistic  
 confident appreciated  
 calm encouraged  
 sympathetic 喜  
 friendly  
 loved  
 understood  
 fortunate  
 excited

left out unloved unwanted **Sad**  
 unhappy inadequate blue  
 sorrowful worthless lonely  
 heavy-hearted rejected guilty  
 hurt ashamed  
 哀 embarrassed  
 remorseful  
 disappointed  
 hopeless  
 depressed  
 miserable  
 無奈

**Unsure**  
 nervous  
 worried  
 scared  
 shy  
 insecure  
 suspicious  
 surprised  
 shocked  
 mixed-up  
 confused

怕

anxious  
 stressed  
 afraid  
 uneasy

**Mad**  
 annoyed  
 disapproving  
 fed-up  
 jealous  
 determined  
 defiant  
 disgusted  
 frustrated  
 unfair  
 furious

怒

不甘心  
 遺憾  
 委屈

\_\_\_\_\_ **Mood Log**

Date:

What happened: (The event)		
I feel (emotions):	Because (my thought that led to the feeling)	The <u>C</u> omplete and <u>A</u> ccurate <u>T</u> hought (the truth, new insights/perspectives, etc):