Jesus called a timeout when feeling overwhelmed ~ Mark 14:33-42 ~

Stanley Kuo 5/31/2020

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

1.			be alone with God ay here and keep watch." Going a little farther, he fell to			
	the ground and	l prayed				
2.			, and put them into words			
	Mark 14: 33-34he 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.	Mark 14: 35-36 . 36 "Abba, Fathe will, but what yo	he fell to the groun r," he said, "everythin u will."	behind his emotions d and prayed that if possible the hour might pass from him. g is possible for you. Take this cup from me. Yet not what I WE create." (Psychiatry Professor David Burns at			
4.	He	his thoughts	ounder and perfecter of our faith, who for the joy that was			
		-	espising the shame,			

❖ It's a Repeated Process

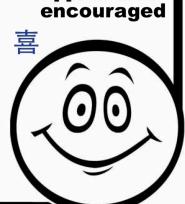
Mark 14:39-41 And **again** he went away and prayed, saying the **same** words. And **again** he came and found them sleeping... And he came the **third** time and said to them...

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 pleased relaxed peaceful optimistic proud confident calm sympathetic friendly loved understood **fortunate** excited



comfortable

appreciated

content

left out unloved unwanted Sad unhappy blue inadquate sorrowful worthless **lonely** heavy-hearted rejected guilty hurt ashamed 哀 embarrassed remorseful disappointed

潰憾

委屈

無奈

hopeless

depressed

miserable

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



anxious stressed afraid uneasy

奴

impatient outraged offended aggravated

Mad annoved disapproving fed-up **jealous** determined defiant disgusted frustrated 不甘心 unfair **furious**



Masallan	Б	
Mood Log	Date:	

feel (emotions):	Because (my thought that led to the feeling)	The $\underline{\mathbf{C}}$ omplete and $\underline{\mathbf{A}}$ ccurate $\underline{\mathbf{T}}$ hought (the truth, new insights/perspectives, etc.