

Listening to Your Life  
Matthew 26

Without knowledge of self there is no knowledge of God.”

—John Calvin

MY EMOTIONS MATTER TO GOD AND HAVE MEANING...

If you don't believe in a God of wrath, you can have no real idea of justice.

If you don't believe in God's wrath, you have no idea of your own value.

YOUR EMOTIONS MATTER TO GOD AND HAVE MEANING...  
BUT ALSO REQUIRE DISCERNMENT

Five ways to Discern Our Emotions

1. Make space to sit with them (v.36)

*Then Jesus came with them to a place called Gethsemane, and He told the disciples, “Sit here while I go over there and pray.”*



“When I am constantly running there is not time for being.  
When there is no time for being there is not time for  
listening.

—Madeleine L'Engle.

“Learn to be quiet enough to hear the genuine within yourself so that you can hear it in others.”

—Marian Wright Edelman

2. He let's himself feel it, locate it and name it (v.38)

*Taking along Peter and the two sons of Zebedee, He began to be sorrowful and deeply distressed.*

“[Focusing is a practice of reflecting on what you’re feeling]. You notice what is taking place in your body—usually you will notice some tightness or nervous energy or a pit in your stomach—and then you try to find the right word to describe what you are feeling. You shuffle through different words and pay attention to how your body responds; when you find the right name for your emotions, your body will relax and let out a deep breath.

—Adam McCugh, *A Listening Life*

3. He begins to unpack emotions with trusted companions (v.36-38)

*Then He said to them, “My soul is swallowed up in sorrow—to the point of death. Remain here and stay awake with Me.”*

A - Anger

H - Hurt

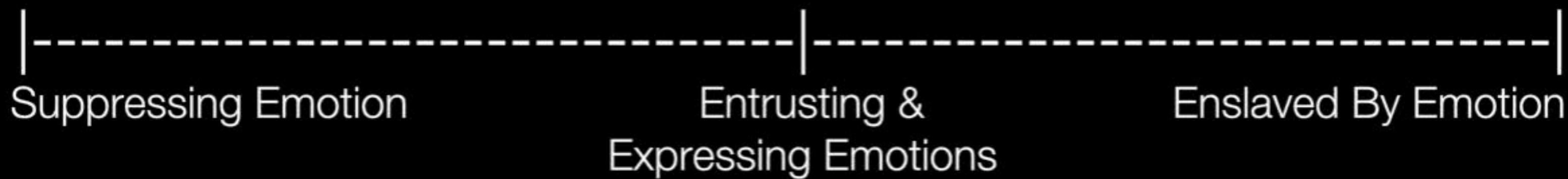
E - Expectation

N - Need

4. He repeatedly entrusts his emotions to His Father (v. 39, 42)

*Going a little farther, He fell facedown and prayed, “My Father! If it is possible, let this cup pass from Me. Yet not as I will, but as You will.”*

# EMOTIONAL SCALE





5. He obeys even to the point of death (vs. 45-46)

*Then He came to the disciples and said to them, "Are you still sleeping and resting? Look, the time is near. The Son of Man is being betrayed into the hands of sinners. 46 Get up; let's go! See, My betrayer is near."*