

Soul Grief

Soul Keeping - Part 4

June 27, 2021

“³My soul is in deep anguish. How long, Lord, how long? ⁶I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.” Psalm 6:3,6 (NIV)

*“³²They went to the olive grove called Gethsemane, and Jesus said, ‘Sit here while I go and pray.’ ³³He took Peter, James, and John with Him, and He became deeply troubled and distressed. ³⁴He told them, ‘My **soul** is crushed with grief to the point of death. Stay here and keep watch with Me.’ ³⁵He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting Him might pass Him by. ³⁶‘Abba, Father,’ He cried out, ‘everything is possible for You. Please take this cup of suffering away from Me. Yet I want Your will to be done, not Mine.’” Mark 14:32-36 (NLT)*

Three things Jesus teaches us to do when our soul is overwhelmed:

- **Bring your pain to God.**
- **Surrender to His plan and timing.**
 - *“Yet I want your will to be done, not Mine.” Mark 14:36 (NLT)*
- **Wait and watch!**
 - *“If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.” Habakkuk 2:3 (NLT)*

“And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.” Romans 8:28 (NLT)

“¹⁸Even when there was no reason for hope, Abraham kept hoping. ²⁰Abraham never wavered in believing God’s promise. In fact, his faith grew stronger, and in this he brought glory to God.” Romans 4:18,20 (NLT)

It is well with my soul.

**When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul.**

Ortberg: There will be great pain, and there will be great joy. In the end, joy wins. So if joy has not yet won, it is not yet the end.

“I saw a new heaven and a new earth ... ³Look, God’s home is now among His people! He will live with them, and they will be His people. God Himself will be with them. ⁴He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.” Revelation 21:1, 3-4 (NLT)

**Bring your pain to God.
Surrender to His plan and timing.
Wait and watch!**