

## **A SORROWFUL SPIRIT**

Matthew 26:38 ... “Then he said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch with me.’”

Sorrow is defined as mental suffering or pain. We all experience it from time to time. You may be feeling it at this moment. A “sorrowful spirit” is what you feel when your suffering goes beyond mental or physical anguish and extends to your soul. It is what happens when you are on the verge of feeling hopeless and, perhaps, fearing that God has abandoned you. Even Christ admitted to sorrow as shown in today’s verse when he was in the Garden of Gethsemane a few hours before his arrest and crucifixion. We must remember that Christ left his heavenly kingdom to reside on earth for about 32 years. In that time he did not sin, but he faced all of the trials and problems you and I experience, and more. And, on the eve of his murder he struggled with what was about to happen to him. If you were to go to bed this evening knowing you would be killed tomorrow, you would also be sorrowful.

I wish I could promise you that if you obey Christ, serve him, and live a perfect life, you will never experience sorrow. But, I cannot. If Christ experienced sorrow, we will, too. What I can promise is if you face sorrow with the same trust in the Father that Christ did, you will survive it and you will rise above it. When the Roman guards came to the garden to arrest Christ, he calmly and respectfully submitted to them. He did not fight when taken, he did not resist with beaten and tortured, and he willingly allowed them to nail him to a cross.

You might respond and say “But, Christ was God and had the power to suffer in silence and humility.” Again, be reminded that Christ came to earth as a man and suffered as we do. He could not and did not call upon his power to fight back. Instead, he trusted the Holy Spirit of God to help him with the burden and pain of his suffering. That is the same Holy Spirit that dwells within you when you become a Christ follower. You and Christ share the same resource – the Holy Spirit – who helps in times of trouble and suffering. If you are feeling sorrowful today, trust God for the comfort, strength and courage you need to endure. Perhaps not immediately, but in God’s perfect time, he will turn your sorrow into joy.

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