**What to Do When Your World Is Turned Upside Down**

Mark 14:26-52

Six helpful insights from three separate events that occurred during Christ’s last night before his death.

In stressful times:

**Remember God’s faithfulness** (vs. 26-31)**:**

 -Intentionally pausing in the midst of stressful times to reflect on God’s faithfulness is critical.

-The disciples sang a hymn – Psalm 118, read it!

-Deut. 7:9 *“know therefore that the LORD your God is God, he is the faithful God...”*

**Hold on to His promises** (vs. 28):

-Don’t overlook them.

-Being aware of his presence with us is very reassuring in stressful times, Heb. 13:5, 6; Psalm 139:7-12

-Heb. 10:23 *“let us hold unswervingly to the hope we profess, for he who promised is faithful.*

**Don’t put confidence in your own strength** (vs. 29, 31):

-Vs. 38 *“the spirit is willing, but the flesh is weak.”*

**Prioritize prayer** (vs. 32-42):

-Prayer keeps our mind and heart oriented to where our help comes from – Psalms 121

-Temptation to waiver from trusting God’s sovereignty and care for us in the midst of turmoil must be met head on with prayer.

-*‘Keep watch” –* prayer is a discipleship essential that needs to be prioritized in our lives.

**Take comfort in knowing that Jesus totally understands how you are feeling** (vs. 33, 34):

-He felt deeply distressed, troubled and overwhelmed with sorrow.

-Heb. 4:15, 16

**Remember, in spite of how things look, God is in total control** (vs. 43-49):

-Vs. 49 *“The scriptures must be fulfilled.”*

-Acts 2:23 *“this man was handed over to you by God’s deliberate plan & foreknowledge…”*

*­*-He is the good shepherd and he lays down his life for the sheep, John 10:14, 15, 17, and 18

***“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” – Philippians 4:6-7***