

7 Cast all your anxiety on him because he cares for you. - 1 Peter 5:7 NIV

- Although Jesus was willing to suffer for the sin of the world, He did not seek to suffer.

Is there something you need to cease praying for your will to be done and instead surrender it to God and pray for His will to be done? You can trust Jesus with your anxieties because we have seen His amazing love on display in the Garden and He cares for you.

15 Thank God for this gift too wonderful for words!

- 2 Corinthians 9:15 NLT

- In willingly offering to take the sin of the whole world upon himself Jesus gave us the greatest gift of all. We are welcome into God's eternal kingdom as His children, without guilt, shame or punishment.

Considering what we have been given, pause to express your gratitude to our Savior and King.

WRAP-UP

The Garden of Gethsemane reveals the depth of Jesus' unconditional love and obedience to God as He faced the full weight of suffering and God's wrath for sin. In deep sorrow, fear, and loneliness, Jesus prayed honestly to the Father, asking if the cup of suffering could pass, yet fully surrendering to God's will. Though abandoned by His closest friends and enduring anguish alone, He chose obedience unto death, fulfilling prophecy and becoming the substitute who bore our sin and pain. Gethsemane ultimately displays God's unconditional love and calls us to respond with surrender, trust, prayer, and gratitude for the sacrifice that brings us forgiveness and eternal life.

MEMORY VERSE

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." - Mark 14:36 NIV

Challenge – Ask God how He is prompting you to respond. Find your own quiet place and spend time in uninterrupted reflection on this passage.

Suffering in the Garden **Gospel of Mark Ch. 14 - Week 4**

INTRODUCTION

Of all the heartbreaking moments found in Scripture, the Garden of Gethsemane is one of the most painful to read. As Jesus agonized over the path He was facing, He went to a quiet place to pray because He had consistently stayed close to His Father through prayer. We witness His struggle as He prayed to God for an option to Calvary but found none. In His humanity we see intense sorrow, fear and loneliness over what He faced. Yet He remained submitted to God's will and was resolved to be obedient even unto death. And during His time of suffering even His closest friends fell asleep.

Ice Breaker

What factors, if any, can you think of that makes it easier for you to endure a painful situation?

Key Passages

32 They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." 33 He took Peter, James and John along with him, and he began to be deeply distressed and troubled. 34 "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." 35 Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." 37 Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour? 38 Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." 39 Once more he went away and prayed the same thing. 40 When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him. 41 Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. 42 Rise! Let us go! Here comes my betrayer!" - Mark 14:32-42 NIV

STUDY QUESTIONS

1. The Cup of Suffering

36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. ...l." - Mark 14:36a NIV

17 Awake, awake! Rise up, Jerusalem, you who have drunk from the hand of the LORD the cup of his wrath, you who have drained to its dregs the goblet that makes people stagger. - Isaiah 51:17 NIV

Jesus refers to His suffering as a cup from which He would drink. In Isaiah 15:17 the prophet describes a cup of God's wrath. In the Hebrew this word (hēmâ) means God's burning anger, rage, and indignation over sin. The full force of God's wrath was about to be unleashed upon Jesus.

10 Yet it was the LORD's will to crush him and cause him to suffer, and though the LORD makes his life an offering for sin, he will see his offspring and prolong his days, and the will of the LORD will prosper in his hand. - Isaiah 53:10 NIV

Jesus specifically said "everything is possible for you, take this from me". In our sinful state, God's wrath, His anger and punishment, should be directed at us. What substitution, in full payment for our sin, does Isaiah 53:10 tell us God accepted? Consider for a moment what incredible value God must place upon you to exchange Jesus' punishment for yours.

In our key passage Jesus tells His disciples "My soul is overwhelmed with sorrow to the point of death". He asked them to watch and pray, but three times they failed to stay awake. The suffering of the Messiah had been prophesied long before that night. He endured it alone, without the support of His closest friends.

3 He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. 4 Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. 5 But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. - Isaiah 53:3-5 NIV

As Isaiah prophetically peered down the corridors of time, he clearly viewed the sufferings that Christ would endure. Moved by God's Holy Spirit, he penned God's promises to us made possible through that suffering. Whose pain and suffering did Christ bare (Isaiah 53:4?) What was it that caused Him to be pierced and crushed (Isaiah 53:5?) How did God promise us that we would benefit from His suffering?

Perhaps we are so familiar with the knowledge that Jesus suffered and died for our sins that we have forgotten what a great sacrifice this represents. If Christ had not suffered, we would be condemned to eternal suffering and separation from God. This is the amazing, unconditional love of God on display.

2. Surrender and Obedience

Jesus' prayers in Gethsemane are recorded by Matthew, Mark and Luke. In all three accounts Jesus recognizes that God is His Father. This fact makes it even more painful to see Him pleading that the cup of God's wrath and His suffering might pass him by. God the Father must have suffered as well, as would any Father who watches their child in pain.

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." - Mark 14:36 NIV

42 "Father, if you are willing, take this cup from me; yet not my will, but yours be done." - Luke 22:42 NIV

39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." ... 42 He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

- Matthew 26:39, 42 NIV

If you are a parent, have you ever been present when your child asked you to stop something painful, but you could not make it stop? What was that like for you? What painful events have you suffered through but found that the result was worth the cost?

7 During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. 8 Son though he was, he learned obedience from what he suffered

- Hebrews 5:7-8 NIV

In all 3 Gospels Jesus surrenders His needs, and His will to the Father. Hebrews 5:7 says the one who could save Him from death heard Jesus' prayers because of His submission. Our prayers are not meant to conform God to do our will but to align us with His will.

3. Our Response

Jesus' suffering in Gethsemane should move us to respond. Which response are you being called to make?

- In the depth of His pain Jesus turned to prayer. He was honest with God and recognized His Heavenly Father had the power to direct His life's course.

Do you need to follow Jesus' example of spending time being honest with God and resting in the presence of your Heavenly Father?