

*“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.” (Hebrews 5:7)*

## What happened in the Garden of Gethsemane?

- Jesus went to the special place where He had often talked to His Father (Luke 22:39).
- Jesus was tempted to NOT want God’s will (Luke 22:40-42).
- An angel strengthened Jesus to pray even harder (Luke 22:43-44).
- Jesus resolved to complete His mission (Luke 22:45).
- Jesus cried from the depths of His being (Heb 5:7)
- Jesus modeled for us how to pray during great trials. (Luke 22:46)

## Why was Jesus in so much anguish in the Garden of Gethsemane?

- He knew His crucifixion would be horrible spiritually.
- He knew He would face diabolical evil. (Genesis 3:15)
- He knew He would experience God’s wrath in “the cup”. (Luke 22:42)
  - Jesus would be totally alone.
  - The Father would turn His back on Jesus.
- He knew He would become sin for us (2 Cor 5:21).
- He was pressed and squeezed like olives in an oil press.

## How can we apply the lessons of the Garden of Gethsemane to our lives today?

- We know we can express our emotions with crying and tears because Jesus modeled it for us.
- We know that we, like the disciples, will face great temptation and trials.
- When we face temptation, we should pray as Jesus did—fervently, honestly, and in submission to the Father’s will.

## DISCUSSION QUESTIONS

1. Have you ever slept because of grief like the disciples did in Luke 22:45? What other ways do you react physically to grief and sorrow?
2. Does it help you to know that Jesus cried with so much anguish? Why or why not?
3. What other instances of an angel strengthening or comforting someone can you think of in the Bible? [for example: 1 Kings 19:3-6 or Daniel 10:18-19]
4. Jesus shows us His human side with His emotions in the Garden of Gethsemane, but it doesn’t follow that God the Father has no emotions. What are some examples from the Old Testament about God having emotions?
5. Matthew and Mark record Jesus saying to His disciples, “*Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.*” (Matthew 26:41 and Mark 14:38) How do these words of Jesus enlighten us about the importance of fervent prayer?
6. St. Athanasius, in his 4th century piece *On the Incarnation*, wrote this: “And how could [Jesus’] disciples have had boldness with the message of the resurrection were they not able to say that he first died?” In light of this, discuss why Jesus needed to die in public.

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### Exploring Faith

- What does it mean to you as you explore Christianity that Jesus knew the pain and suffering He would face both physically and spiritually, but loved you enough to continue on His mission?

### Growing in Faith

- Memorize (or carefully examine) the Lord’s Prayer, from which Jesus prayed in the Garden of Gethsemane (Matthew 6:9-13). When you are facing grief or anguish, repeat it to yourself as a source of comfort.

### Centered in Faith

- Is there someone you know who is going through a great temptation, trial or testing right now? Ask the Lord how you can encourage that person this week to stay anchored to the Lord in fervent prayer and submission to His will.