

*"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)*

## Jesus' Tears and a Theology of the Incarnation

- Jesus as fully God (Colossians 1:15) and fully human (John 1:14; Hebrews 4:15)
- Jesus shows us what God is like and what true humanity is like

## Jesus' Tears of Trust in the Garden of Gethsemane

- Jesus' ultimate trust in the Father's plan (Hebrews 5:7; John 12:23-33)
- Jesus' ultimate prayer of trust (Luke 22:41-42; Matthew 26:39, 42)
- Jesus' ultimate trust in what will come (Luke 22:42; Matthew 26:42, 45)

## Living into Jesus' Tears of Trust

- Seeing God's trustworthiness through Jesus
- Seeing how to pray into trust with God through Jesus
- Seeing what it means to entrust our future to God through Jesus

## DISCUSSION QUESTIONS

1. When have you had to trust someone to a very high degree or when have you needed someone else to deeply trust in you?

2. This week we conclude our Lenten sermon series "The Tears of Jesus." This week we focus on Jesus' tears of trust. Whether on your own or with others, begin your study in prayer and then read the following passages aloud: Hebrews 5:7; Luke 22:39-46; Matthew 26:36-44.
3. Hebrews 5:7 describes the totality of Jesus' incarnate life, but most scholars tend to connect it with Jesus' prayers in the Garden of Gethsemane in the passages we read in Luke and Matthew. How do the words in Hebrews 5:7 shed light on Jesus' prayer in the Garden before His arrest and crucifixion?
4. When we turn to Jesus' prayer in the Garden of Gethsemane, what stands out to you about how Jesus may have felt isolated or alone in this experience?
5. How would you characterize Jesus' prayer in Luke 22:41-42 and Matthew 26:39, 42?
6. When have you experienced a season of life where your prayers have led you into a relinquishment of control or your own will? What happened?
7. When we think of Jesus' "reverent submission" (Hebrews 5:7), it may be helpful for us to look at the episode in John 12:23-33. Read that passage aloud. How does Jesus convey commitment to the Father's will and not His own?
8. What do you think it means that Jesus would do this for us?
9. What is one thing you sense God calling to your attention personally through this week's study? If you are with a small group, discuss that with one another and then pray about what you shared. If you are on your own, write it down, pray about it, and consider sharing your thoughts with someone this week.

## DIG DEEPER

### Exploring Faith

- The idea of surrender is a tough one for all of us. What do you find most interesting about Jesus' surrender in the Garden?

### Growing in Faith

- Spend time praying Jesus' prayer of trust in various situations this week: "yet not my will, but yours be done" (Luke 22:42). How do you sense God inviting you into deeper trust as you pray?

### Centered in Faith

- As we enter this Holy Week journey toward the Cross and the Resurrection, who might you have intentional conversation with about your faith?