

I. Introduction.

II. Why was Jesus in such distress? v. 32-35 Luke 22:44

- A. He was *despised and rejected by men*. Isa. 53:3 John 1:10-11**
1. His own people the Jews were to reject Him. Mark 15:9
 2. He was to be betrayed by one of His own disciples. Mark 14:43f Ps. 41:9 Mt.26:23 John 13:18
 3. His own disciples were to abandon Him. Mark 14:50
 4. Peter was to deny Him three times. Mark 14:66-72
- B. He was about to experience shame, humiliation and injustice at the hands of the Roman and Jewish authorities.**
1. The Sinless One would be arrested as a common scoundrel. Mark 14:48
 2. He would endure mock trials with lying witnesses overseen by wicked judges. Mark 14:53-65 15:1-15 John 19:38
 3. Jesus was to be mocked and beaten. Mark 15:16-21
- C. He was soon to undergo the most agonizing physical torture man could devise.**
- D. Jesus' distress cannot be fully explained by what men did to Him.**
1. Other martyrs have bravely faced agonizing deaths.
 2. Jesus was not inferior in courage to any man.
- E. Jesus' death was unlike any other death.**
1. God made Him who knew no sin to be sin for us. II Cor. 5:21 I Pe. 3:18 Isa. 53:4,6
 2. Jesus bore the curse of the punishment for our sins. Gal. 3:13 Rom. 3:25 I Jo. 2:2
 3. He paid the ransom price for our guilt. Mark 10:45 II Cor. 8:9
 4. At Gethsemane Jesus picked up His cup of suffering, pressed it to His lips, and smelled its poison.
- F. Who gave Him that awful cup to drink? Isa. 53:4**
1. It was not Judas, nor the Jewish leaders, nor Pilate.
 2. There is a sense in which our sin made His cross necessary.
 3. Ultimately the cup came from the hand of His Father. Mark 14:36 15:34 Ps. 22:1 Isa. 53:4,10 Acts 2:23
- G. For whom did He die? Romans 5:6-8**

III. Why did Jesus pray as He did? Mark 14:35-41

- A. When in distress He cries out to His Father. Mark 14:35,39,41**
1. He experienced His passion as a man. Heb. 5:7-9 4:15 John 1:1-2,14
 2. We too can approach God when we are distressed. Heb. 4:15-16 2:14-18
 3. Why does Jesus ask His disciples to keep watch? Mark 14:34
- B. He openly expresses His heart's desire to the Father.**
1. As Jesus gazes into the cup of his suffering, he asks if there is any way it can be legitimately avoided.
 2. He prays at length: three times. Mt. 14:35,39,41 II Cor. 12:8
 3. You also can freely express your heart's desires to the Father.

- C. He submits to the Father's perfect will. Mark 14:36b John 6:38 5:30 Mt. 6:10
1. Jesus subordinates his desires to the Father's plan.
 2. Jesus suffered for us willingly. John 18:4-6,11 Mt. 26:53-54
 3. We too must submit all of our desires and prayers to God. I John 5:14 Mt. 6:10
Rom. 8:28 Phil. 1:21f
- D. How does the Father answer the Son's prayer?
1. It is necessary that the Son die for His people.
 2. The father gives the Son grace and strength necessary to endure the cross.
Mark 14:42 Luke 22:43
 3. Sometimes we don't receive the answer we desire. II Cor. 12:8-10 I John 5:14
 4. When God does not answer our prayers or allows us to suffer, we must trust His perfect will. Heb. 13:5b
 5. When your prayers are answered "no", you can expect God's help.
- E. Was there any other way God could forgive our sins? Mt. 26:39
1. Don't you think the Father who loved Him with a perfect and infinite love would have delivered the Son from the cross if there was any other way?
 2. God's perfect justice demands that a full payment for sin be made. Rom. 3:25-26
 3. Just as there was no other way for God to provide salvation, there is no other way for you to be saved. John 14:6 Acts 4:12
 4. Because Jesus took away death's sting, His followers, including martyrs, can face death bravely.

IV. Concluding applications.

- A. For those who are not yet believers
1. Today you are in the same position Jesus was at Gethsemane.
 2. Cry out to God that you might be spared the cup of God's wrath for Christ's sake.
- B. For believers.
1. This is the measure of God's love for you.
 2. Thank God that Jesus drank the cup of God's wrath, so that you will never have to taste it.
 3. Since Jesus had to suffer so much for sin, we should hate sin.
 4. Be willing to follow Christ in suffering according to the will of the Father.
 5. Pray as Jesus prayed.
 6. Warn others of the wrath to come.

Discussion questions

1. Why was Jesus in such turmoil?
2. Why have many of Jesus' followers been able to face death without fear?
3. What about Jesus' death was unique?
4. Who gave Jesus the awful cup to drink?
5. How does Jesus' prayer demonstrate His true humanity?
6. How is Jesus' prayer at Gethsemane a model for our prayers?
7. How would you answer someone who claims that all unanswered prayer (i.e. for healing) is due to lack of faith?
8. How did the Father answer the Son's prayer?
9. What is the only way God could forgive our sins?
10. How should Gethsemane affect our lives as believers?
11. What is the message of Gethsemane to unbelievers?