LESSON 22 - The Agonizing Prayer of Jesus in the Garden of Gethsemane

WORSHIP (15 MINUTES)

Play worship music to create an atmosphere of worship and help everyone prepare their hearts. If the venue is public, invite everyone to share the highs and lows of their week to build connection and fellowship.

WELCOME (10 MINUTES)

Welcome guests and first-time visitors warmly. Start with a simple icebreaker question to help everyone get acquainted, create a comfortable atmosphere, and encourage guests to feel included.

ICEBREAKER QUESTION

When you're going through a tough time, do you surround yourself with people or do you withdraw from them?

WORD (30-45 MINUTES)

Main Text: Read Matthew 26: 36-46 NLT

Intro:
Jesus and His disciples finished the Last Supper. He, together with Peter, James, and John, went to the Garden of Gethsemane. Jesus knew the events that was going to happen to fulfill the mission God has given Him. He will die on the cross to have victory over sin and death. Jesus prayed in the Garden of Gethsemane as He himself faced spiritual warfare.

Gethsemane means olive or oil press. Just like the olives, Jesus will experience the emotional and spiritual pressure as He accepts to bear our sin and die on the cross.

Jesus demonstrated in the garden how we should pray when we are experiencing struggles or challenges when following God's will.

Q: Have you experience a "Gethsemane" moment?

1. His prayer reveals the weight of the burden that upon Hs soul *Matthew 26:39 NLT; 1 Peter 5:7 AMP*
Jesus knew what will happen to Him as He fulfills the mission God has given Him. He was in deep anguish about the events that will take place. Jesus even asked to have the cup pass over Him however, He still obeyed ***"Not as I will, but as you will"*** **Matthew 26:39**. He prayed to God, casting all His cares and burdens.

In **1 Peter 5:7, *"Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all], for He cares about you [with deepest affection, and watches over you very carefully".*** Just like Jesus, we can present all our burdens and fears to God as He cares for us.

Q: Is there anything that you are struggling right now (i.e. bitterness, unforgiveness, hatred, disobedience, etc?

2. He relied on the Father's strength to finish the work He came to do on earth *Hebrews 9:14 NKJV; 2 Cor 12: 8-10 NKJV*

Jesus knew He can't do it on His own. He prayed to God earnestly and surrendered Himself to the Father. He relied on the Father's power to endure the suffering He will face at the cross to complete His work for the salvation of everyone who believes in Him.

Prayer is a place to bring our struggles to God and ask for His power to help us in our weakness.

Just like Paul said in ***2 Corinthians 12:8-10***, God's strength is made perfect in weakness. When we are weak, we are strong through God's power.

Q: What is a moment in your life that you recall that you have asked God to give you power and strength to endure something?

3. He willingly submitted to God's will and embraced the cost of our redemption

Despite the sufferings He will face, Jesus willingly accepts the cup and moved forward to the cross to complete His mission. His prayer signifies complete submission to the Father's will. No matter the great difficulty we face, we will find peace and victory over our struggles if we fully surrender to God, enabling us to do His will in our lives.

Q: How do you practice surrenderring or submitting yourself to God?

Q: Is there a difficult time in your life that you were able to endure through God's presence in your life?

Conclusion
We all go through times of difficulties, our own Gethsemane moment just like Jesus. But we have a God who listens and responds to our anguish thoughts and prayers. A God that will provide strength when we are in our weakest moment; a God who will sustain us to make through our Gethsemane season to fulfill His will in our lives. We must live a life in full dependence, submission, and obedience to God.

Q: How will you live a life in full dependence, submission, and obedience to God?

WORK (15 MINUTES)

Application:
Are you ready to obey God's calling and purpose in your life?

Where is your mission field? How wil you take the first step in sharing the gospel with someone?

What is your take-away from this lesson? Closing Prayer