

March 29th, 2026

Sermon: His Final Days | In the Garden

Main text: Mark 14:32-41

SMALL GROUP DISCUSSION REFLECTIONS & QUESTIONS...

Key Reflections/Quotes:

- **Jesus' Full Humanity:** Mark emphasizes that Jesus was not just fully God but also fully human, experiencing real agony and distress. This relatability allows believers to approach him in their own times of struggle.
- **The Agony in Gethsemane:** Jesus experienced deep emotional weight as he faced the "cup" a biblical metaphor for the wrath of God and his impending sacrifice. He struggled with the fear of the coming events but remained obedient to the Father.
- **The Importance of Vigilance:** Jesus rebuked the disciples for falling asleep, reminding them that they must "watch and pray" to withstand temptation and the trials ahead.
- **Empowerment by the Holy Spirit:** Just as the Holy Spirit enabled Jesus to walk the path of the cross, believers today have the same Spirit to help them navigate their own difficult circumstances.

"The spirit indeed is willing, but the flesh is weak" (Mark 14:38).

"Father, this is difficult... free me from this, but in all things, I trust you and your ways".

"In some mysterious way, as we share in the sufferings of Jesus, we encounter resurrection and new life" *Bishop Jill Duff.*

Jesus is Righteous

Jesus holds Salvation

Jesus is Humble

Decisions & Action Items:

"View prayer not just as a religious duty, but as a space to express raw honesty to God about your struggles, while remaining open-handed to his will."

"Be intentional and alert in your spiritual life, proactively preparing for trials rather than being caught off-guard."

"The congregation is encouraged to attend upcoming Good Friday services and to bring a rock a symbol of the burden Jesus bore for us."

Key Questions...

- 1). How does the reality of Jesus being *fully human* experiencing real agony and fear change how you view your own prayers during difficult times?
- 2). Jesus prayed to have the "cup" removed but ended with "not what I want, but what you want." How can we hold both a desire for relief from our suffering and a commitment to trust God's plan simultaneously?
- 3). Jesus told his disciples to "watch and pray." In your current life, what are the "distractions" or "spiritual sleepiness" that prevent you from being vigilant in your faith?
- 4). Thinking of the stories shared about Dietrich Bonhoeffer and others, how can we lean more heavily on the Holy Spirit to find perseverance and gratitude even when our circumstances are painful?

