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Jesus in Gethsemane

Introduction to Series

Series: Near to the Heart of God

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I. **The “Lord’s Prayer” Review**

A. **Address**

1. **Our Father...**

- a. Term of intimacy
- b. Not to prohibit prayer to any and all members of the Trinity
- c. To remind us of the special relationship we have with the Creator of the universe
- d. Remind us of the care, love, protection, provision of the One who is both transcendent and imminent, gloriously Other, yet wonderfully intimate

B. **Petitions**

1. **Hallowed...**

- a. Be Your name
- b. First petition is for the honor of God
- c. Primary concern for God and His glory

2. **Kingdom...**

- a. Desire to God’s reign and rule prevail
- b. In our hearts
- c. In the church
- d. In the earth

3. **Will...**

- a. Desire that God’s ways and desires would have their way
- b. Implies a personal submission even as we pray
(1) Pray changes us!
- c. Again – in our hearts
- d. In the church
- e. In the earth

4. **Bread...**

- a. Second half; second table of the Law
- b. Provision for our basic needs; food, shelter, clothing
- c. Dependence on God for all of these

5. **Debts...**

- a. Confession of sins
- b. Need for forgiveness

- (1) Constantly repenting sinners
- c. Forgiveness of others implied, required!
- d. **Matthew 6:14–15** (ESV) — 14 For if you forgive others their trespasses, your heavenly Father will also forgive you, 15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.
- 6. **Temptation...**
 - a. Recognize our weakness
 - b. Deliver us from evil – asking God to remove evil influences from our thinking and from anyone or anything that might draw us into sin
- 7. Need to have these elements in mind as we examine the prayers of the NT
 - a. The prayers of Paul

II. **Jesus' Experience in Gethsemane**

- A. **Matthew 26:36–46** (ESV) —
 - 1. 36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.”
 - 2. 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled.
 - 3. 38 Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”
 - 4. 39 And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, **not as I will, but as you will.**”
 - 5. 40 And he came to the disciples and found them sleeping.
 - 6. And he said to Peter, “So, could you not watch with me one hour?”
 - 7. 41 Watch and **pray that you may not enter into temptation.** The spirit indeed is willing, but the flesh is weak.”
 - 8. 42 Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, **your will be done.**”
 - 9. 43 And again he came and found them sleeping, for their eyes were heavy.
 - 10. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again.
 - 11. 45 Then he came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.
 - 12. 46 Rise, let us be going; see, my betrayer is at hand.”
- B. **Mark 14:32–42** (ESV) —
 - 1. 32 And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.”
 - 2. 33 And he took with him Peter and James and John, and began to be greatly distressed and troubled.
 - 3. 34 And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.”

4. 35 And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him.
 5. 36 And he said, "**Abba, Father**, all things are possible for you. Remove this cup from me. Yet not what I will, **but what you will.**"
 6. 37 And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour?"
 7. 38 Watch and **pray that you may not enter into temptation.** The spirit indeed is willing, but the flesh is weak."
 8. 39 And again he went away and prayed, saying the same words.
 9. 40 And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him.
 10. 41 And he came the third time and said to them, "Are you still sleeping and taking your rest? It is enough; the hour has come. The Son of Man is betrayed into the hands of sinners.
 11. 42 Rise, let us be going; see, my betrayer is at hand."
- C. **Luke 22:39–46** (ESV) —
1. 39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him.
 2. 40 And when he came to the place, he said to them, "**Pray that you may not enter into temptation.**"
 3. 41 And he withdrew from them about a stone's throw, and knelt down and prayed,
 4. 42 saying, "**Father**, if you are willing, remove this cup from me. Nevertheless, **not my will, but yours, be done.**"
 5. 43 And there appeared to him an angel from heaven, strengthening him.
 6. 44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.
 7. 45 And when he rose from prayer, he came to the disciples and found them sleeping for sorrow,
 8. 46 and he said to them, "Why are you sleeping? Rise and **pray that you may not enter into temptation.**"

III. **Chronology**

- A. **To Gethsemane**, Mount of Olives
 1. Tells disciples to sit until Jesus prays
 2. Tells disciples to pray **not to enter into temptation**
- B. Takes **Peter, James and John** from others
 1. Jesus becomes grieved to point of death
 2. Tells Peter, James and John to keep watch with him
- C. **Jesus goes beyond them and prays**
 1. On his face, calls God **Abba, Father** (Mk)
 2. Asks to avoid cup
 3. Expresses **willingness to accept Father's will**
 4. Angel appears, strengthens him (Lk)
 5. In agony, fervent praying, sweat like drops of blood

- D. **Back to three disciples**, finds them sleeping
 - 1. Couldn't watch one hour
 - 2. Exhorts to watch and **pray to not enter temptation**
 - 3. Indicates spirit willing, flesh weak
- E. **Prays second time**
 - 1. **Submits to will of God**
- F. Came **back to disciples**
 - 1. Found them sleeping, eyes heavy
 - 2. Had no answer – embarrassment
- G. **Prayed third time**
 - 1. Same prayer as second
- H. Back again to disciples
 - 1. Still sleeping
 - 2. Indicates hour of betrayal has come
 - 3. Exhorts again to rise and pray so as **not to enter temptation**

IV. **Physical and Emotional Elements**

- A. **Customary place of prayer** (Lk: “as was his custom”)
 - 1. We ought to have our customary place
 - 2. Spiritual discipline to have a place and time
 - 3. Most of the time those customary times and places will be ordinary
 - 4. But occasionally, we may find ourselves meeting with God in the context of great distress, moments of transition and decision
 - 5. If we don't have such a customary place, our opportunity to meet God may be missed
- B. **Grief and distress to point of death**
 - 1. Indicates the humanity of Jesus
 - 2. The God-man was, in fact, fully man
 - a. Experienced the highs and lows of the human condition
 - b. The joys and sadness
 - c. The losses He felt just like we do
 - 3. Even Jesus is not afraid to pour out His distresses to His Father
- C. **Falls down and kneels**
 - 1. Posture of prayer is significant
 - 2. Normal prayer posture for those days was standing
 - 3. But in the midst of this great distress, the physical stress is overwhelming
 - 4. Jesus falls
 - 5. His posture reflects His submission to the will of the Father
 - a. The position reflects His disposition
- D. **In agony** (Lk)
 - 1. Athletic contest
 - 2. Brings to mind the legend of Pheidippides
 - a. Greek messenger
 - b. Battle of Marathon – 490 BC
 - c. Victory for the Greek army

- d. Noted a Persian vessel changing its course toward Athens
 - e. Interpreted as an attempt of the defeated Persians to rush into the capital and claim victory, conduct a raid on the city
 - f. Pheidippides thus ran all the way from Marathon to Athens (one possible route is about 26 miles)
 - g. Discarding his weapons, even his clothes, to dispense with weight
 - h. Burst into the Greek assembly, cried “We have won!”
 - i. Then collapsed and died
 - j. The place of assembly was known as agon
 - k. The name agonia (Gk) then became known as a place, not just for assembly, but for athletic contests
 - l. Represents the excruciating physical, mental and emotional stress of the games
 - m. When I get the urge to go out and run long distances, I lie down till it goes away!
3. Do you have moments of such physical, mental and emotional times in your prayers?
- E. **Sweat like drops of blood**
- 1. Some mistake this for Jesus sweating blood
 - a. Not what it says; just says that His sweat was like drops of blood
 - b. Speaks of magnitude of sweat; consistency and thickness
 - 2. Working outside in the days we’ve been having might create the same thing
 - a. Shirts drenched with sweat
 - 3. My heart attack – marked by that kind of sweat
- F. **Repeated prayers**
- 1. Jesus repeats His prayer three times
 - 2. **Luke 18:1–8** (ESV) —
 - a. 1 And he told them a parable to the effect that they ought always to pray and not lose heart.
 - b. 2 He said, “In a certain city there was a judge who neither feared God nor respected man.
 - c. 3 And there was a widow in that city who kept coming to him and saying, ‘Give me justice against my adversary.’
 - d. 4 For a while he refused, but afterward he said to himself, ‘Though I neither fear God nor respect man,
 - e. 5 yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.’ ”
 - f. 6 And the Lord said, “Hear what the unrighteous judge says. 7 And will not God give justice to his elect, who cry to him day and night? Will he delay long over them?
 - g. 8 I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?”
 - 3. Jesus Himself was persistent and repetitive in praying

- G. **Disciples sleeping due to exhaustion**
 - 1. Sleep during prayer?
 - 2. Sure, sleep, then wake up and pray
 - 3. But find ways to continue to concentrate
 - 4. Praying through the psalms is helpful; you have something to use to work through
 - 5. I use Valley of Vision most days
 - 6. Difficult to maintain prayer life without those kinds of helps
 - H. **Flesh weak**
 - 1. Recognition that we need the sustaining of the Spirit
 - 2. **Romans 8:26–27** (ESV) —
 - a. 26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.
 - b. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.
 - I. **Relation of exhaustion to temptation**
 - 1. Easier to fall when exhausted
 - 2. Value of Sabbath keeping
 - a. Building in rest
 - J. **Relation of sorrow to exhaustion**
 - 1. Emotional distress can lead to exhaustion as well
 - 2. See it in the disciples
 - K. All things we can relate to in our prayer life
- V. **Relation to the Lord's Prayer**
- A. Introduction
 - 1. **"Father, Abba"** (Mk)
 - B. Petitions
 - 1. Hallowed be...
 - a. **"All things are possible"** (Mk)
 - 2. Thy kingdom...
 - 3. Thy will...
 - a. **"Not my will but Thine..."**
 - 4. Give us daily bread
 - a. **"If it be possible..."**
 - 5. Forgive our debts
 - a. Whole prayer prepares **Jesus** for effecting **our forgiveness**
 - 6. Lead not into temptation
 - a. **"Pray that you will not enter into temptation..."**
 - b. **"Spirit is willing but the flesh is weak..."**
 - c. **Jesus own temptation**
 - (1) Cf wilderness – Lk records that Devil left Him until an opportune time

(2) This was that time

(3) Last temptation to avoid the cross and gain the kingdom by another means

C. Even Jesus, in praying in His most exhausting, excruciating, agonizing times, follows His own instruction in using the pattern prescribed for the “Lord’s Prayer”