



## What Story Are You Telling? Part 3: Following Jesus to the Garden

January 17, 2021

Notes

But Jesus often withdrew to the wilderness for prayer. Luke 5:16 NLT

13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

1 Corinthians 10:13 NLT

### The Garden of Gethsemane

36 Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." 37 He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. 38 He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." 39 He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." 40 Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour? 41 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!" 42 Then Jesus left them a second time and prayed, "My Father! If this cup cannot be taken away unless I drink it, your will be done." 43 When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. 44 So he went to pray a third time, saying the same things again. 45 Then he came to the disciples and said, "Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners. 46 Up, let's be going. Look, my betrayer is here!" Matthew 26:36-46 NLT

Jesus enters the garden with the 11 and then he tells them to sit and pray. And then he says to his 3 closest friends to come deeper into the garden with him. With this small group he gets really honest with the depth of His agony and tells them: "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

He says to his disciples the weight of the load he is carrying is so overwhelming that he feels he could die. But, it is imperative that Jesus gets to the cross. The world needs him to get to the cross. So, in the garden, God gives Jesus the ability to endure.

He tells the disciples to watch, which is from the Greek root word *gregoreuo* which means to stay wide awake and pay attention to avoid calamity -- the calamity of falling into sin. The stakes are very high in the garden. But, what happens? The disciples fall asleep.

I often assumed the disciples fell asleep because they were tired or because they had too much to eat, or perhaps they got bored praying and fell asleep. But, in the book of Luke we see why they fell asleep:

Luke 22:45

At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief.

The disciples fell asleep because they were exhausted from grief.

## Lessons From the Garden

1. When discouragement overtakes us – we need to go to the Garden of Gethsemane.
2. The Garden is a place to get honest with your friends.
3. The Garden is a place of lament

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah Psalm 62:8 ESV

4. The Garden can be difficult.
5. The Garden can be a place of temptation.
6. There is a connection between suffering and transformation.

An angel from heaven appeared to him and strengthened him. 44 And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. Luke 22:43-44



## Promises from the Garden

He puts those who are in low places up to high places. Those who are filled with sorrow are lifted to where they are safe. Job 5:11

The LORD is a refuge for the oppressed, a stronghold in times of trouble. Psalm 9:9.

But God will never forget the needy; the hope of the afflicted will never perish. Psalm 19:8

For he has not ignored or belittled the suffering of the needy.

He has not turned his back on them,  
but has listened to their cries for help. Psalm 22:24

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Psalm 23:4

Praise the Lord,  
for he has shown me the wonders of his unfailing love.  
He kept me safe when my city was under attack.  
In panic I cried out,  
“I am cut off from the Lord!”  
But you heard my cry for mercy  
and answered my call for help. Psalm 31:21-22

I sought the Lord, and he answered me; he delivered me from all my fears.  
Psalm 34:4

“When the righteous cry for help, the LORD hears and delivers them out of all their troubles.”  
Psalm 34:17

The LORD is close to the brokenhearted;  
he rescues those whose spirits are crushed. Psalm 34:18

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”  
Psalm 73:21

“When anxiety was great within me, your consolation brought joy to my soul.” Psalm 94:19

I know that the Lord secures justice for the poor and upholds the cause of the needy.  
Psalm 140:12 (NIV)

He heals the brokenhearted  
and bandages their wounds. Psalm 147:3 NLT

“Say to those who have an anxious heart, ‘Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.’ “ Isaiah 35:4

He gives power to the weak  
and strength to the powerless. Isaiah 40:21

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. Isaiah 41:13

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. Isaiah 43:1-3

Yet it was our weaknesses he carried;  
it was our sorrows[a] that weighed him down.  
And we thought his troubles were a punishment from God,  
a punishment for his own sins! Isaiah 53:4

“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the LORD, who has compassion on you. Isaiah 54:10

“In my distress I called to the Lord, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry.” Jonah 2:2

The LORD is good, a refuge in times of trouble. He cares for those who trust in him,  
Nahum 1:7

Blessed are those who mourn, for they will be comforted. Matthew 5:4

28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.” Matthew 11:28-30

“Blessed are you who are hungry now, for you shall be satisfied. Blessed are you who weep now, for you shall laugh.” Luke 6:21

3 All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. 4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 5 For the more we suffer for Christ, the more God will shower us with his comfort through Christ.

2 Corinthians 1:3-5

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:9-10

“I can do all this through him who gives me strength. Yet it was good of you to share in my troubles.” Philippians 4:13-14

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:14-16

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, “Fear not, I am the first and the last, Revelation 1:17