

Sermon Title: Hope in Trauma

Sermon Series: Easter – The Road to Hope

Scripture: Mark 14:32-42

Speaker: Pastor Ian Bonthron



What is Trauma? — An event or circumstance resulting in physical, emotional, or spiritual harm. Sometimes all three.

—Substance Abuse and Mental Health Services Administration - <https://www.samhsa.gov/trauma-violence>

Where do you expect to see agony and pain of trauma displayed in Jesus' life?

How does Jesus, dealing with the impending weight of the cross' trauma, give us hope?



Mark 14:32-34 ESV

32 And when they got into the boat, the wind ceased. 33 And those in the boat worshiped him, saying, "Truly you are the Son of God."

34 And when they had crossed over, they came to land at Gennesaret.

1. Jesus really _____ the trauma of the cross

Mark 14:33 ESV

33 And he took with him Peter and James and John, and began to be greatly **distressed and troubled**.

Mark 14:34 ESV

34 And he said to them, "My soul is very **sorrowful**, even to death. Remain here and watch."

Luke 22:44 ESV

44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

Hematohidrosis "It may occur in individuals suffering from extreme levels of stress. Around the sweat glands, there are multiple blood vessels in a net-like form, which constrict under the pressure of great stress. Then, as the anxiety passes, the blood vessels dilate to the point of rupture and goes into the sweat glands. As the sweat glands produce a lot of sweat, they push the blood to the surface, which comes out as droplets of blood mixed with sweat."

—National Library of Medicine —

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3827523/#:~:text= Bloody%20sweating%20is%20called%20hematohidrosis,the%20pressure%20of%20great%20stress.>

Jesus sees the agony of what's about to come, and he feels it all.

Physical abuse

Emotional abuse

Sexual abuse

Relational abandonment

Hebrews 4:15 ESV

15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

“Why is Jesus facing death more poorly than those who follow him?”

—Tim Keller

Mark 14:35-36 ESV

35 And when the men of that place recognized him, they sent around to all that region and brought to him all who were sick 36 and implored him that they might only touch the fringe of his garment. And as many as touched it were made well.

Jesus comes face to face with the reality that the trauma he is about to experience is far greater than anything His followers will face.

Isaiah 51:17 ESV

17 Wake yourself, wake yourself, stand up, O Jerusalem, you who have drunk from the hand of the Lord the cup of his wrath, who have drunk to the dregs the bowl, the cup of staggering.

A loving God gets angry.

—Tim Keller

A loving, angry God shows how much you are _____.

2. Jesus showed we can approach the Father with our _____

Mark 14:35-36 ESV

35 And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. 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.”

Jesus is being honest about his circumstances and emotions because he has the safety to deal with them.

In trauma, our brains block it out as a protection mechanism. It’s only when we feel safe, that we can start to process all the emotions.

Matthew 6:9-10 ESV

9 Pray then like this: “Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven.

3. Jesus _____ the deepest trauma on our behalf

“The Father had always radiated with openness and intimacy whenever his Son called upon him, and here, in the moment when his beloved Son needed him the most, the Father turned his face away. Why? God was doing that with Jesus so he would never have to do it with us. In the crucifixion, the Father

'made him who knew no sin [Jesus] to be sin for us, that we might become the righteousness of God in him' (2 Cor. 5:21, CSB). This means that of all the things I might wonder with regard to an unanswered prayer [and trauma], I never have to wonder what it means about how God feels about me. The cross shows me that any reason that would ever make God turn away from me was laid on Jesus, and the Father turned away from him as he hung there in my place.'

—JD Greear, "Just Ask" p57

Mark 14:42 ESV

42 Rise, let us be going; see, my betrayer is at hand."

If Jesus did not _____ us in His darkest hour of trauma, he won't _____ us in our darkest hour of trauma.

"I can tell you, if you are God's child, that it cannot mean that God has [abandoned] you. The cross assures you that he's always listening, that he'll never turn away, and that not even death itself can thwart his good purposes for you. That's a truth you can build a life on: a truth that can anchor you in any storm."

—JD Greear, "Just Ask" p58

1. Listen, _____, and don't prescribe solutions

2. _____ them if they want prayer

3. _____ up

4. Remember that God is _____

If Jesus did not _____ us in His darkest hour of trauma, he won't _____ us in our darkest hour of trauma.

Discussion Questions – February 25, 2024 – Hope in Trauma

Getting to Know You:

1. What are some of the things in life that make you feel safe?
2. Ian shared that “In trauma, our brains block it out as a protection mechanism. It’s only when we feel safe, that we can start to process all the emotions.” Why do you think this is?

Into the Bible:

Read Mark 14:32-42

32 And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” 33 And he took with him Peter and James and John, and began to be greatly distressed and troubled. 34 And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.” 35 And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. 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.” 37 And he came and found them sleeping, and he said to Peter, “Simon, are you asleep? Could you not watch one hour? 38 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” 39 And again he went away and prayed, saying the same words. 40 And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him. 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. 42 Rise, let us be going; see, my betrayer is at hand.”

3. What was something from the passage or sermon that surprised you, helped you, confused you, or bothered you?
4. What does this passage tell us about God? People? Living to please God?
5. **How does this passage encourage you to react when you feel distressed or troubled?**
6. **What difference does it make that Jesus experienced such despair and pain firsthand?**
7. **What can we learn about prayer from Jesus’ example?**

8. Tim Keller points out that a loving God gets angry and a loving, angry God shows how much you are loved. How can this truth encourage us when we experience trauma?

9. How does this passage speak to you about Jesus' willingness to enter into our suffering? Perhaps, at this point, you could share a little of your own experience of suffering in life and how this has affected you.

For Extra Study, Read Luke 22:39-46

39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. 40 And when he came to the place, he said to them, "Pray that you may not enter into temptation." 41 And he withdrew from them about a stone's throw, and knelt down and prayed, 42 saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." 43 And there appeared to him an angel from heaven, strengthening him. 44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. 45 And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, 46 and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation."

10. What details are in this passage that are not in Mark's account?

11. What should be your heart's response as you reflect on what Christ absorbed for you on the cross? What should your daily living look like because Christ has done this for you?

12. What do you find challenging about trusting God?

13. What needs to change in your life so that you can live this out?

14. Jot down any insights, questions, or key observations.

Application Questions

15. J.D. Greear shares “if you are God’s child, that a [non answered prayer] cannot mean that God has [abandoned] you. The cross assures you that he’s always listening, that he’ll never turn away, and that not even death itself can thwart his good purposes for you. That’s a truth you can build a life on: a truth that can anchor you in any storm.” **What hope does this give you as you face difficulty, suffering, and or trauma?**

16. If someone approaches you with trauma, Ian shared that in the first conversation you should:

A. Listen, validate, and don’t prescribe solutions,

B. Ask them if they want prayer,

C. Follow up, and

D. Remember that God is sovereign.

Which one could you improve on and how could you work on this?

17. Jesus was honest about his circumstances and emotions because He had the safety to deal with them. **How does God provide safety for us to be honest about our circumstances and emotions? How does God provide safety for us to say “not my will, but your will?”**

18. If you have experienced trauma and would like some resources for help, please contact Pastor Ian and he will point you toward some people who can help.

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19. **How can we be there for each other in our trauma? How can we pray for each other this week?**