

## Jesus taught us How to Get through Gethsemane

(Matthew 26:36-46)

Gethsemane, and said to the disciples, "Sit here while I go and pray over there." 37 And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. 38 Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me." 39 He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will." 40 Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour? 41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

42 Again, a second time, He went away and prayed, saying, "O My Father, if this cup cannot pass away from Me unless I drink it. Your will be done." 43 And He came and found them asleep again, for their eyes were heavy. 44 So He left them, went away again, and prayed the third time, saying the same words. 45 Then He came to His disciples and said to them, "Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners. 46 Rise, let us be going. See, My betrayer is at hand."

## 1. The Garden Gethsemane – Means Olive Press - "A Place of Sorrow"

- Called: The Crushing Place (Where Jesus is fully human & fully God)
- Where olives are pressed to extract the oil.
- Christ will be pressed there.
- Gethsemane: A Place of Solitude & Sorrow

# 2. The Garden He went to pray before His dreadful assignment.

- Jesus said, "Sit Here while I go over yonder and pray"
- But He took Peter, James and John deeper into the garden experience
- Why? Because they were His intimate friends in prayer & ministry

- 3. The Garden Place of Prayer, Sorrow, Solitude Jesus began to be sorrowful and troubled.
- 38 Then he said to them, "My soul is exceedingly sorrowful, even to death; Deeply Destressed, full of heaviness, anxiety, worried, trauma, disturbing
- I'm so sad, so down hearted DEPRESSED, I feel like I could Die....
- 2. Jesus is depressed? A depressed Jesus?

Yes, Jesus admitted He was depressed **Admit you have a problem** 

- 4. The Garden Jesus tells His disciples stay here and watch with Me."
- 39 He went a little farther, He had to go alone and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; Is there any other way to accomplish man's salvation? Please Lord, SURELY there is another way!!! Let's Talk nevertheless, not as I will, but as You will." (He had to resolve it in His mind)

#### Surrender Our will to His will

God may not change your circumstance / But His grace is available

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## 5. The Garden is not just place of Sorrow & Solitude BUT: Strength

Gethsemane the Garden of Strength will take you where you need to be

Gethsemane was not Jesus final destination It was His Place of Preparation – gain strength to accomplish His Purpose.

#### Conclusion:

## 6. "There are 4 Gardens" That describe your position in Christ

**1st** The Garden of Eden – Garden of Sin - God lost fellowship with man First Adam

2nd The Garden of Gethsemane – Olive Press - is where Jesus Paid the price Matthew 5:18 "TRUST HIM"

**3rd** The Garden of Golgotha – The Garden of Victory – New Tomb **Matthew 11:29** 

#### John 19:41

41 Now in the place where He was crucified There was A Garden, and in the garden a new tomb in which no one had yet been laid. He just Conquered Sin & Satan on the cross. Victorious by Resurrection.

#### 1 Cor 15:55

"O Death, where is your sting?
O Hades, where is your victory?"

**4th** The Garden of Paradise – The Garden of Eternal Life. **Rev 2:7** 

7 "He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God."

### Philippians 3:20

20 For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ,

Oswalt Chambers said, "You can't drink grapes, they have to be crushed