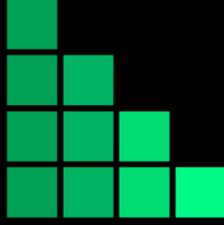


NEW LIFE ONE STUDIES



Series: “His Hour”

Week 1 Study Guide

Message: “God, not my way...Yours.”

SCRIPTURE

Main Text:	Cross References:
<i>Luke 22:39–46</i>	<i>Matthew 26:39</i> <i>2 Corinthians 5:21</i> <i>Romans 8:17</i> <i>1 Peter 4:19</i>

UNDERSTANDING THE STORY

*(This section focuses on understanding what the text means —
before jumping to what it means for us.)*

Read Luke 22:39

Main Idea: Jesus walks deliberately toward suffering, not away from it.

Commentary:

Luke tells us Jesus went to the Mount of Olives **“as usual.”** This detail matters. The garden was not an accidental stop — it was a familiar place of prayer. According to Luke’s narrative, Jesus often withdrew to lonely places to commune with the Father (see: *Luke 5:16*).

Importantly, Jesus knew Judas would find Him there. This was a predictable location. That means Jesus is not hiding. He is not evading arrest. He intentionally places Himself at the threshold of betrayal. The cross is not forced upon Him; He steps toward it.

Matthew identifies the specific place of prayer as the Garden of Gethsemane — **“oil press.”** Olives were crushed under immense weight until oil flowed out. The setting becomes symbolic. Jesus is entering a place of crushing before the physical crushing begins.

This moment reveals both His sovereignty and His obedience. He is the willing Son moving toward the appointed hour.

Discussion Question:

1. What does Luke’s phrase “as usual” reveal about Jesus’ spiritual habits?
2. How does Jesus’ intentional return to a known location shape our understanding of His agency in the arrest?
3. Why might the Gospel writers emphasize place and setting at this moment in the narrative?

Takeaway:

He is not a passive victim of history, He gave himself willingly.

Read Luke 22:40

Main Idea: Jesus calls His disciples to prepare for testing through prayer, not avoidance.

Commentary:

Jesus commands: “Pray that you will not fall into temptation.” The word translated “temptation” (*peirasmos*) can also mean testing or trial. The issue is not merely moral temptation, but a spiritual battle.

Earlier in the chapter, Jesus warned Peter that Satan desired to sift them like wheat (see: *Luke 22:31*). The coming hours will expose what is inside them. The disciples will face fear, confusion, and self-preservation instincts.

Notice what Jesus does not say. He does not tell them to fight, organize, or escape. *He tells them to pray.* Preparation for suffering is spiritual, not just strategic.

The contrast between Jesus and the disciples begins here. He is alert. They are unaware. He anticipates the battle; they’re reacting in the moment.

Discussion Questions:

1. How does the broader context of Luke 22 shape the meaning of “temptation” in this verse?
2. What does Jesus’ command imply about the relationship between prayer and perseverance?
3. Why might Jesus emphasize preparation before the crisis unfolds?

Takeaway:

Spiritual endurance is cultivated before the crisis arrives.

Read Luke 22:41–42a

Main Idea: Jesus experiences real human anguish in the face of divine judgment.

Commentary:

Luke tells us Jesus withdrew “*about a stone’s throw*” and knelt. Matthew adds that He fell facedown — Jesus collapsed in agony. Jesus is experiencing real human weakness, carrying the emotional and spiritual weight of what he knows is coming.

Jesus prays: “Father, if you are willing, take this cup from me.” The “cup” is Old Testament imagery. Throughout Scripture, the cup often represents God’s wrath or judgment (Isaiah 51:17; Jeremiah 25:15). This is not merely fear of physical pain. Jesus is contemplating bearing the full weight of sin and divine judgment.

2 Corinthians 5:21 clarifies the magnitude: “*God made him who had no sin to be sin for us...*” The sinless One will stand in the place of the guilty. He will absorb what humanity deserves.

Here we encounter profound Christology. Jesus is fully divine — eternally aligned with the Father’s will. Yet He is also fully human. His humanity recoils at the horror of becoming sin-bearer. *Jesus’ plea is not rebellion, it is authentic human anguish.* This moment guards us from flattening Jesus into a detached hero. He feels the dread. He feels the cost.

Discussion Questions:

1. How does the biblical theme of the “cup” deepen the meaning of Jesus’ prayer?
2. Why is it theologically important that Jesus expresses anguish here?

3. How does this scene affirm both Christ's divinity and His humanity?

Takeaway:

Obedience is not the absence of anguish; it is faithfulness within it.

Read Luke 22:42b

Main Idea: Submission is the decisive act of aligning human will with the Father's purpose.

Commentary:

"Yet not my will, but yours be done." This is the hinge of redemptive history. In Greek, the construction intensifies the contrast — it carries the sense of *"but above all."* Above pain. Above fear. Above instinct.

This is not divine disagreement within the Trinity. The Son's divine will is eternally one with the Father's. What we see here is the Son, in His humanity, bringing His natural human desire for relief into perfect submission to the divine plan.

Discussion Questions:

1. How does this prayer differ from resignation?
2. Why is it significant that Jesus addresses God as "Father" before surrendering?

Takeaway:

Salvation hinges on surrendered obedience.

Read Luke 22:43–44

Main Idea: The Father strengthens the Son for suffering rather than removing it.

Commentary:

When Jesus prays for relief, an angel appears to strengthen Him. The cup is not removed. The plan is not altered. Instead, heaven ministers to Him so He can endure. Luke, a physician, includes the detail about sweat like drops of blood. Whether metaphorical or a rare medical condition (hematidrosis), the emphasis is intensity. The anguish deepens — and so does His prayer.

Notice the pattern: God’s response to suffering is often ***sustaining grace*** rather than escape.

Discussion Questions:

1. What does the presence of the angel reveal about the Father’s care?
2. Why might Luke emphasize physical details of Jesus’ anguish?
3. What does it mean that Jesus prays “more earnestly” after being strengthened?

Takeaway:

Divine strength empowers perseverance.

Read Luke 22:45–46

Main Idea: Spiritual sleep leads to spiritual collapse.

Commentary:

The disciples are asleep, “exhausted from sorrow.” Grief has numbed them. But sorrow does not excuse unpreparedness. The contrast is sharp: Jesus — praying, strengthened, ready. Disciples — sleeping, unprepared, vulnerable. *Soon they will scatter.*

Jesus repeats the command to pray. The battle is not primarily external; it is internal.

This scene teaches that spiritual vigilance cannot be postponed until after crisis begins.

Discussion Questions:

1. What narrative contrast does Luke create between Jesus and the disciples?
2. Why does Jesus repeat the same instruction?

Takeaway:

You cannot spiritually sleep and expect to stand in faith.

MAKE IT PERSONAL

1. Where are you facing a Gethsemane moment — a place where obedience feels costly?
 2. What “cup” are you asking God to remove?
 3. When pressure hits, do your habits move you toward prayer — or away from it?
 4. What would it look like this week to whisper, “*Father... not my will, but Yours*”?
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LIVING IT OUT

1. **Establish rhythm before crisis.**

Build intentional prayer into ordinary days.

2. Name your cup honestly.

Bring your real emotions before the Father.

3. Practice surrendered language.

End your prayers with intentional trust.

Example: “God, this is how I’m feeling... this is what I’m going through... this is what I’m asking... but above all: not what I want, what you want.”

4. Stay awake spiritually.

Don’t drift in seasons of sorrow: deepen your intentional times of prayer and bible reading — and draw nearer to God.

For LifeGroups:

ENCOURAGE EACH OTHER

Share:

1. Where do you see the contrast between Jesus and the disciples most clearly in this passage?
2. What stood out to you most about Jesus’ prayer?
3. In what way have you been hesitant, or resistant to something God is calling you to do? How can you begin to surrender that to Him?

Pray Together:

- * Ask the Father for strength to endure obedience when it costs.
- * Thank Jesus for saying “Not my will.”
- * Pray for spiritual alertness and deeper intimacy with God.