



THE WONDERFUL CROSS

Victory Over the Will

Scripture: Luke 22:39-46, Matthew 26:41, Ephesians 5:13-21, Philippians 2:13

Icebreaker

The "Walking Sleep": We've all had those moments where we were physically present but mentally "checked out." Share a funny or relatable time you struggled to stay awake (at work, in a meeting, or while driving).

Part 1: The Garden and the Struggle

Read **Luke 22:39-46** and **Matthew 26:41**.

1. **The Physical Reality:** In the Garden of Gethsemane, Jesus experienced *hematidrosis*—sweating blood due to extreme stress. What does this tell us about the intensity of the battle between His human "flesh" and His "spirit"?
2. **The Disciples' Failure:** Jesus told the disciples to "Watch and pray," yet they fell asleep. Why do you think it is so much easier to sleep (numb out) than to stay spiritually alert when things get difficult?
3. **The "Weak Flesh":** Matthew 26:41 says the "spirit is willing, but the flesh is weak." Where do you currently feel that gap in your own life—the place where you *want* to do good but lack the "will" to follow through?

Part 2: The Modern "Sleepwalk"

Read **Ephesians 5:13-21**.

The sermon highlighted how our smartphones have become a "spiritual sleepwalk."

- **The Frequency:** We check our phones up to 200 times a day.
- **The Brain Drain:** It takes 23 minutes to refocus after one distraction.

1. **The Mirror:** Of the statistics shared (addiction, checking within 10 minutes of waking, anxiety without your phone), which one hits closest to home for you?
2. **The Guard Rail:** The sermon mentioned a car hitting a guard rail because the driver fell asleep. What are some "spiritual guard rails" you've hit lately because you were distracted or "asleep" to God's presence?
3. **Lust, Envy, and Jealousy:** How do you see your digital habits feeding these specific temptations rather than helping you "watch and pray"?

Part 3: The Victory of Surrender

Read *Philippians 2:13*.

1. **Not My Will:** Jesus' victory over the will was won when He said, "*Not my will, but yours be done.*" Why is surrendering our will to God often the most "uncomfortable" thing we can do?
2. **God at Work:** Philippians 2:13 says God works in us "both to will and to work." How does it change your perspective to know that God can actually provide the *desire* to do His will, not just the strength to do it?

The Challenge: Awake, O Sleeper

The Fast: As we enter this season (Lent), what is one distraction you can put down this week to "lift up your soul"?

Practical Step: * Commit to not checking your phone for the first 20 minutes of your day.

- Use that time to "Watch and Pray" specifically for God's will to be done in your life that day.

Closing Prayer: *Lord, thank You for the blood shed in the Garden that bought victory over our broken wills. Forgive us for sleepwalking through life and being numbed by distractions. Give us a "new heart" and the desire to seek Your will above our comfort. Amen.*