

## **This Cup: A Cup of Suffering...**

We are embarking on a special journey together. A journey that will take us deep into the heart of God's Word using a simple, everyday object: a cup. From the cup of suffering to the cup of blessing, this humble vessel holds powerful Biblical truths about our relationship with God and with one another. Let's open our hearts to what the Holy Spirit will teach us about the "Cups" of our lives.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. (Psalm 23:5)

Today, we confront the reality of a world filled with suffering. We've seen images and heard responses of anger and rage. We are seeing a dramatic shift in humanity and respect for one another, authority, and for life itself. Psalm 23 says, "4 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."

We find ourselves in a valley of shadows this week. Friends and family from right here at Mentor lost loved ones this week. The news cannot be ignored about the killings in Minnesota, Colorado, and Charlie Kirk in Utah earlier this week. The question that people keep asking me is, "how are we to respond this?"

Using Jesus's prayer in the Garden of Gethsemane as our guide, we will see that Jesus's willingness to drink the "cup of suffering" was an act of profound obedience and love that secured our salvation and hope. We must trust God's sovereignty even in our most difficult moments, knowing that He is with us.

### **The Agony**

36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." 39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." 40 And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." 42 Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 45 Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand." Matthew 26:36-46

What's the point: The cup is a picture of the real world and an example of trust in God's plan and promise. How can you remember to surrender and trust God when you face a "cup of suffering"?

## **The Surrender**

20 Now the law “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.” Romans 26:39b

42 Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” Matthew 26:42

44 So, leaving them again, he went away and prayed for the third time, saying the same words again. Matthew 26:44

What’s the point: Just as Jesus prayed earnestly in Gethsemane, bring your burdens to the Lord in prayer. He is your source of strength and comfort. Why do we sometimes make this our “last resort” vs. our “first thought”?

## **The Purpose**

2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Hebrews 12:3

24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 1 Peter 2:24

What’s the point: Jesus was keenly aware of the agony that awaited and why it was necessary. Life is filled with moments of pure joy and pure agony. Why must we face them both? Why is there suffering?

**Trust in the Lord. He is your only hope.**

## **The Second Mile: *Going Beyond Sunday***

Let’s dig deeper together to see how God is calling and equipping each of us to reach the lost.

**Monday** – The cup is a picture of the real world and an example of trust in God’s plan and promise. How can you remember to surrender and trust God when you face a “cup of suffering”?

**Tuesday** – Just as Jesus prayed earnestly in Gethsemane, bring your burdens to the Lord in prayer. He is your source of strength and comfort. Why do we sometimes make this our “last resort” vs. our “first thought”?

**Wednesday** – Jesus was keenly aware of the agony that awaited and why it was necessary. Life is filled with moments of pure joy and pure agony. Why must we face them both? Why is there suffering?

**Thursday** – Don’t try to bear your suffering alone. Lean on your church family, just as Jesus desired the support of His disciples. How can you lean more on your church? Who can you reach out to?

**Friday** – God provides all we will ever need in Jesus. How has He kept you well fed spiritually?  
Why/how is He sufficient to meet all your needs?