



Distressed and Troubled, the Way to the Cross





No one walks alone.



Mark wants us to see that for Jesus, going to the Cross, was unspeakably difficult.



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



Mark 14:32-42

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.”



**Jesus experienced inconceivable anguish
in anticipating the cross.**



Mark 14:32-34

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.”



**Jesus experienced inconceivable anguish
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What caused Jesus so much anguish?



Jesus experienced inconceivable anguish in anticipating the cross.

What caused Jesus so much anguish?

- **Experiencing the careless response of
the disciples**



Mark 14:32-41

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said, “Abba, Father, all things are possible for you.

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What caused Jesus so much anguish?

- Experiencing the careless response of the disciples
- **Anticipating the physical torture**



Jesus experienced inconceivable anguish in anticipating the cross.

What caused Jesus so much anguish?

- Experiencing the careless response of the disciples
- Anticipating the physical torture
- **Contemplating the carrying of the sin of all of us**



Mark 10:45

⁴⁵ For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.



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What caused Jesus so much anguish?

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- Anticipating the physical torture
- **Contemplating the carrying of the sin of all of us**



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What caused Jesus so much anguish?

- Experiencing the careless response of the disciples
- Anticipating the physical torture
- Contemplating the carrying of the sin of all of us
- **Thinking about being forsaken by the Father**



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What caused Jesus so much anguish?

- Experiencing the careless response of the disciples
- Anticipating the physical torture
- Contemplating the carrying of the sin of all of us
- Thinking about being forsaken by the Father

“My God, my God, why have You forsaken Me?”



Jesus experienced inconceivable anguish in anticipating the cross.

What caused Jesus so much anguish?

- Experiencing the careless response of the disciples
- Anticipating the physical torture
- Contemplating the carrying of the sin of all of us
- Thinking about being forsaken by the Father
- **Receiving the righteous wrath of God that should be ours**



**Jesus experienced inconceivable anguish
in anticipating the cross.**

- **Jesus hoped there was another option**



Mark 14:32-36

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Jesus experienced inconceivable anguish in anticipating the cross.

- Jesus hoped there was another option
- **Jesus was committed to the Father's will**



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Jesus experienced inconceivable anguish in anticipating the cross.

- Jesus hoped there was another option
- Jesus was committed to the Father's will
- **Jesus prayed**



Mark 14:32-41

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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.



Jesus experienced inconceivable anguish in anticipating the cross.

Jesus devoted Himself to fulfilling His mission, for our good.



Mark 14:41-52

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.” ⁴³ And immediately, while he was still speaking, Judas came, one of the twelve, and with him a crowd with swords and clubs, from the chief priests and the scribes and the elders. ⁴⁴ Now the betrayer had given them a sign, saying, “The one I will kiss is the man. Seize him and lead him away under guard.” ⁴⁵ And when he came, he went up to him at once and said, “Rabbi!” And he kissed him. ⁴⁶ And they



Mark 14:41-52

laid hands on him and seized him. ⁴⁷ But one of those who stood by drew his sword and struck the servant of the high priest and cut off his ear. ⁴⁸ And Jesus said to them, “Have you come out as against a robber, with swords and clubs to capture me? ⁴⁹ Day after day I was with you in the temple teaching, and you did not seize me. But let the Scriptures be fulfilled.” ⁵⁰ And they all left him and fled. ⁵¹ And a young man followed him, with nothing but a linen cloth about his body. And they seized him, ⁵² but he left the linen cloth and ran away naked.



Jesus devoted Himself to fulfilling His mission, for our good.

- **Jesus knew what was coming**



Jesus devoted Himself to fulfilling His mission, for our good.

- Jesus knew what was coming
 - **Betrayed by Judas**



Mark 14:41-46

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⁴⁴ Now the **betrayer had given them a sign**, saying, **“The one I will kiss is the man.** Seize him and lead



Mark 14:41-46

him away under guard.”⁴⁵ And when he came, he went up to him at once and said, “Rabbi!” And he kissed him.⁴⁶ And they laid hands on him and seized him.



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Jesus devoted Himself to fulfilling His mission, for our good.

- Jesus knew what was coming
 - Betrayed by Judas
 - **Arrested in humiliating manner**



Mark 14:41-49

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.” ⁴³ And immediately, while he was still speaking, Judas came, one of the twelve, and with him a crowd with swords and clubs, from the chief priests and the scribes and the elders. ⁴⁴ Now the betrayer had given them a sign, saying, “The one I will kiss is the man. Seize him and lead him away under guard.” ⁴⁵ And when he came, he went up to him at once and said, “Rabbi!” And he kissed him. ⁴⁵ And when he came, he went up to him at once and said, “Rabbi!” And he kissed him.

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⁴⁸ And Jesus said to them, “Have you come out as against a robber, with swords and clubs to capture me? ⁴⁹ Day after day I was with you in the temple teaching, and you did not seize me. But let the Scriptures be fulfilled.”



Jesus devoted Himself to fulfilling His mission, for our good.

- Jesus knew what was coming
 - Betrayed by Judas
 - **Arrested in humiliating manner**



Jesus devoted Himself to fulfilling His mission, for our good.

- Jesus knew what was coming
 - Betrayed by Judas
 - Arrested in humiliating manner
 - **Abandoned by all the disciples**



Mark 14:41-50

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.” ⁴³ And immediately, while he was still speaking, Judas came, one of the twelve, and with him a crowd with swords and clubs, from the chief priests and the scribes and the elders. ⁴⁴ Now the betrayer had given them a sign, saying, “The one I will kiss is the man. Seize him and lead him away under guard.” ⁴⁵ And when he came, he went up to him at once and said, “Rabbi!” And he kissed him. ⁴⁵ And when he came, he went up to him at once and said, “Rabbi!” And he kissed him. ⁴⁶ And they laid hands on him and seized him. ⁴⁷ But one of those who stood by drew his sword and struck the servant of the high priest and cut off his ear. ⁴⁸ And Jesus said to them, “Have you come out as against a robber, with swords

and clubs to capture me? ⁴⁹ Day after day I was with you in the temple teaching, and you did not seize me. But let the Scriptures be fulfilled.” ⁵⁰ And they all left him and fled.



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- Jesus knew what was coming
 - Betrayed by Judas
 - Arrested in humiliating manner
 - **Abandoned by all the disciples**



Jesus devoted Himself to fulfilling His mission, for our good.

- Jesus knew what was coming
- **Jesus embraced His role as our sacrifice**



Mark 14:41-50

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.” ⁴³ And immediately, while he was still speaking, Judas came, one of the twelve, and with him a crowd with swords and clubs, from the chief priests and the scribes and the elders.

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**Why did He embrace His role as our sacrifice,
though it was inconceivably difficult?**



Why did He embrace His role as our sacrifice,
though it was inconceivably difficult?

- **Because He loves us**



Why did He embrace His role as our sacrifice, though it was inconceivably difficult?

- Because He loves us
 - **Unless a mercenary, folks sacrifice for others out of love**



Why did He embrace His role as our sacrifice, though it was inconceivably difficult?

- Because He loves us
 - Unless a mercenary, folks sacrifice for others out of love
 - **Who has sacrificed for you out of their love?**



Why did He embrace His role as our sacrifice, though it was inconceivably difficult?

- Because He loves us
 - Unless a mercenary, folks sacrifice for others out of love
 - Who has sacrificed for you out of their love?
 - **For whom have you sacrificed out of your love?**



“Greater love has no one than this, that someone lay down his life for his friends.”

Jesus (John 15:13)



Takeaways:

- **Recognize the correlation between experiencing Jesus' love and "staying awake".**



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- **Understand the correlation between experiencing Jesus' love and sharing it with others.**



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- **If you are struggling and feeling alone, talk to someone.**



Takeaways:

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- **Facing difficulties, need direction, encouragement,**



Takeaways:

- Recognize the correlation between experiencing Jesus' love and “staying awake”.
- Understand the correlation between experiencing Jesus' love and sharing it with others.
- If you are struggling and feeling alone, talk to someone.
- Facing difficulties, need direction, encouragement, **pray**.



Let's Pray:



Let's Pray:

- **God, help me experience more thoroughly the depth of Your love.**



Let's Pray:

- God, help me experience more thoroughly the depth of Your love.
- **God, help me share Your love with someone who desperately needs it.**



Let's Pray:

- God, help me experience more thoroughly the depth of Your love.
- God, help me share Your love with someone who desperately needs it.
- **God, help us as a community to display Your love in all we do, wherever we go.**