



Sermon  
Discussion  
Guide

Sunday, March 19, 2023

## Portraits of a Saviour Burdened – Matthew 26:36-46

### Read/Reflect

1. Read Matthew 26:36-46. What's your reaction to how the disciples behaved in the garden of Gethsemane? What's your reaction to Jesus' behaviour in the garden?
2. What are some of the parallels and differences between what happened in the garden of Gethsemane and the garden of Eden (Genesis 3)? What do you conclude from this comparison?
3. What are some of the parallels and differences between what happened in the garden of Gethsemane and what happened on the mount of transfiguration (Matthew 17)?

### Explore

4. How do you generally react in times of stress?

<input type="checkbox"/> I panic	<input type="checkbox"/> I immediately pray	<input type="checkbox"/> I fear the worst
<input type="checkbox"/> I jump to action	<input type="checkbox"/> I am motivated	<input type="checkbox"/> It's an opportunity
<input type="checkbox"/> I feel paralyzed	<input type="checkbox"/> I fall asleep	<input type="checkbox"/> Other
5. What portrait would you paint of Jesus here in the garden of Gethsemane? Would it be different when he was instructing his disciples, or when he was alone praying to his Father?
6. What does it mean for you that Jesus took on the burdens of the whole world?
7. When have you experienced something like a Gethsemane? How do you relate to Jesus' phrase, "the spirit is willing but the flesh is weak?"

### Pray

- Do you need to pray a prayer similar to Jesus' prayer (vs. 39, 42)? Can you invite others into that prayer (vs.38, 40)?
- Confess to God an area of your life where you pray to God, "Your will be done."