



Sermon  
Discussion  
Guide

Sunday, March 15, 2026

# Body of Christ - Anatomy of Redemption

## The Knees of Jesus – Luke 22:3-46

### Read/Reflect

1. Why do you think Jesus chose to go to the Mount of Olives “as was his custom”? What does this show about his rhythms of prayer and trust?
2. What do you notice about Jesus telling the disciples, “Pray that you will not fall into temptation”? What temptation might he be referring to?
3. Luke describes the disciples as “exhausted from sorrow.” How does this differ from Matthew/Mark’s portrayal of their failure? What might Luke want us to understand about their hearts?

### Explore

4. When you think about your own life, can you recall a time when your “knees buckled”—emotionally, physically, or spiritually? How did God meet you in that moment?
5. Where do you see the church struggling—or succeeding—to “love mercy” (Micah 6:8)? What steps can we take to embody mercy more visibly?
6. Jesus kneels under the weight of the “cup”—the world’s sin, sorrow, and divine judgment. What does it mean for the church to kneel under the world’s pain today?
7. Why is kneeling—literally or figuratively—such a powerful symbol of trust? What does it reveal about our relationship with God?

### Pray

- ... that Jesus would teach us to kneel in mercy toward ourselves, toward each other, and toward a world that is weary and afraid.
- ... for whatever kinds of suffering in our community—or world—you feel called to carry in prayer?
- ... that with the Holy Spirit you can align your will with the Father and have the grace to submit all to him.