

# Lent Reflection Resources

## Week 5: Anguish



'Christ On Gethsemane' by Jesus Mafa



# The Bible Passage

They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. "Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine." Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak."

Then Jesus left them again and prayed the same prayer as before. When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. And they didn't know what to say. When he returned to them the third time, he said, "Go ahead and sleep. Have your rest. But no—the time has come. The Son of Man is betrayed into the hands of sinners. Up, let's be going. Look, my betrayer is here!"

And immediately, even as Jesus said this, Judas, one of the twelve disciples, arrived with a crowd of men armed with swords and clubs. They had been sent by the leading priests, the teachers of religious law, and the elders. The traitor, Judas, had given them a prearranged signal: "You will know which one to arrest when I greet him with a kiss. Then you can take him away under guard." As soon as they arrived, Judas walked up to Jesus. "Rabbi!" he exclaimed, and gave him the kiss.

Then the others grabbed Jesus and arrested him. But one of the men with Jesus pulled out his sword and struck the high priest's slave, slashing off his ear. Jesus asked them, "Am I some dangerous revolutionary, that you come with swords and clubs to arrest me? Why didn't you arrest me in the Temple? I was there among you teaching every day. But these things are happening to fulfill what the Scriptures say about me."

Then all his disciples deserted him and ran away.

~ Mark 14:32-50



# Ways to Enter the Story

You may want to just watch and contemplate the scene for a while longer - as a disciple, an onlooker, or maybe someone from the crowd who came to arrest Jesus. Alternatively, here are some questions to prompt reflection:

Have you ever been in a similar position to Jesus – deeply distressed about something that is happening in your life, but without the comfort and support you hoped for from your friends? Maybe you could take this opportunity to talk to Jesus about that experience.

Or have you been in the position of the disciples – your loved one longing for comfort that you are unable to give them? Did that shape or change the relationship?

When is the last time that you were so tired that you could barely keep your eyes open? Maybe you need to take some time to rest right now?

I wonder if you have ever talked to God as Abba, as Daddy, or whatever word you used for your dad, or the person who made you feel most loved and secure? What would it be like to have a conversation with God using that name?

Have there been times that God has asked you to do something that you really don't want to do? What happened – did you go through with it, and what was it like? Did good come out of it?

[Click here to listen to Graham Kendrick's, 'The Servant King'.](#)

