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| **SERIES** | Teach us to Pray |
| **BIBLE** | Matthew 26:36-46, Psalm 88 |
| **TITLE/TOPIC** | Lament/Yield/Confess |
| **OVERVIEW** | While in the garden of Gethsemane, the gospel says that Jesus prayed: * “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.
* My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.

As we learn different aspects of prayer, Jesus models two important truths for us: open confession and a complete yielding of will: He is vulnerable and He trusts.  |
| **SCRIPTURE BREAKDOWN** | He who knew no sin shows us how to lament: Vs37 – “and he began to be sorrowful and troubled”* The idea of *troubled* is feeling anxious.
* Taken together, to say that Jesus is feeling sorrow and anxiety is to say he was feeling dread.

Vs 38 – “My soul is overwhelmed with sorrow to the point of death.” * Similar to Jonah saying he is angry to the point of death (Jonah 4:9), Jesus is saying his sorrow is at a similar depth.
* The picture is of one at the deepest level of sorrow humanly possible. Jesus is in essence saying, “I am so full of sorrow it is killing me.”
* Seeing this phrase in a way that downplays the extreme emotions of the Jesus but rather takes it as saying “I am sad in the face of death” is a misreading of the text (R.T. France)

This image of the incarnation is powerful and important. It may be awkward or uncomfortable to speak of Jesus with such terms of sorrow and weakness. But it is important to allow the scriptures to change our perceptions, and not allow our presuppositions to change what is being communicated in scripture. What in the garden does Jesus model as we pray? * **LAMENT: Be honest about difficult emotions – don’t minimize or downplay them**
	+ It’s unhealthy and not accurate to label sadness, anxiety and sorrow as “negative emotions.” They are a natural part of the human condition. They are difficult, but they are not negative.
	+ Lament is a biblical principle we are invited into. Over and over throughout scripture lament is modeled for people.
	+ When we go through life’s worst seasons, we must speak our pain, name our struggles. To not do so ignores the biblical model
		- Which word best describes what you are experiencing?
		- What images come to mind that illustrate or articulate what you’re experiencing?
	+ *Horrible ways to respond to pain and sorrow:*
		- **Skip it.** Too often people want to jump past the pain of a situation to focus on the positive. This actually can do more damage to a person, compared to the healing and strengthening effect of lament.
		- **Minimize by comparison.** “There’s a lot of people hurting right now, so toughen up and keep going.” Seeing how others go through pain can actually be strengthening when we do this to see how they got through it. But when a comparison is made that doesn’t acknowledge what someone else is going through based on the generality that others are going through things as well, this is actually a stifling manipulation of others that prevents healing.
	+ Pain & sorrow is meant to be felt, not buried or disguised!
	+ Other places in scripture we see sadness and lament expressed: Psalm 28:1-2, Psalm 38:3-9, Psalm 42:9-11, Psalm 88:1-7
* **YIELD: trust the wisdom of God with your life**
	+ The son articulated two things to the father:
		- My Father, if it is possible, may this cup be taken from me.
		- Yet not as I will, but as you will.
		- In the first, He is asking the Father for another way. He is asking that the pain would end, that the suffering would be avoided, that the cross would not happen. He who knew no sin did not sin praying this prayer.
		- In the second, the son trusted and submitted to the will of the Father. “I really don’t want to go this route, but I trust you that this is the route to take.”
	+ In a similar fashion, it is permissible to ask God to change things, to take us a different route, to remove the suffering. However, this must be done with a spirit of trust and submission. It is OK to ask God to go a different route, as long as we are willing to trust the route He does take.
	+ Let these emotions be an invitation to healing and worship!
		- Isaiah 53:4, Psalm 34:18, Psalm 42:1-6
		- God cares for us in our lowest moment. He’s isn’t a father that tells us “don’t cry” or “You’re OK” – he’s the father that sits with us, cares for us, and walks with us.
* **CONFESS: be honest to the Lord about your wrongs, knowing He is gracious to forgive and restore you.**
	+ We don’t see Jesus confess sin in this passage because He knew no sin. It’s important to remember – Jesus’ lament and questions were not sin.
	+ The garden is a prelude to the cross. Jesus willingly yielded to the Father’s will and went to the cross in our place. Because of that, we can come to him with our sins.
		- Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16
		- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9
		- Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13

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| **GOSPEL** | * 14 Therefore, since we have a great high priest who has ascended into heaven, p Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:14-16
* 8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 10 That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:8–10
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| **NEXT**STEPS | Begin | Connect | Engage | Grow | Disciple |