



JESUS
CHRIST



SPRING
11

MAY 17, 2026

LESSON TEXT

Luke 22:39-46;
Romans 5:12-19

FOCUS VERSES

Luke 22:41-42

⁴¹And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, ⁴²Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

TRUTH ABOUT COVENANT

Jesus was fully human and had to surrender to fulfill covenant.

Jesus in the Garden



COVENANT CONTEXT

In this lesson, we come full circle from the beginning. Adam disobeyed and broke covenant with God in the Garden of Eden, but Jesus obeyed the will of God in the Garden of Gethsemane and extended the new covenant to us. Much of the Old Testament and even the New Testament come to an apex as we see Jesus willingly kneel to carry the weight of the world's sins and sorrows.

SG *TEACHING OUTLINE*

Icebreaker: What is the biggest decision you have made in your life so far?

Teacher Tip: Connect the group's answers to the choice Jesus made to surrender His human will to the will of God.

Lesson Connection: Share the Lesson Connection. **I**

I. THE ARREST

- A. "That Thou Doest, Do Quickly"
- B. "As He Was Wont"
- C. I will prioritize prayer in every situation. **V**

DISCUSS: *Recount a time when you prayed and God gave you everything you needed in that moment.*

II. ANOTHER GARDEN, ANOTHER ADAM

- A. Jesus Had a Choice

DISCUSS: *What differences do you see between Adam and Jesus? Do you see some of those same differences in your own life?*

- B. Jesus Chose to Obey
- C. I will pray to seek God's will.

DISCUSS: *What decision are you making right now that you should make a matter of faithful prayer?*

III. JESUS' PRAYER

- A. "Great Drops of Blood"

DISCUSS: *In times when you feel alone, how does knowing Jesus went through what you go through help encourage you?*

- B. "Nevertheless Not My Will"
- C. I will surrender my will to God's will.

DISCUSS: *What area(s) of your life do you need to fully surrender to God? Are you willing to surrender to Him today?*

Internalizing the Message

PRAYER FOCUS

Lead the group in prayer and consider the following topics of focus:

- For God to grant us the faith to believe in both the deity and humanity of Jesus Christ
- For God to help us fully accept that just as Adam spread sin to all people, Christ's righteous act made righteousness available to all

LESSON CONNECTION

For Christian History Institute, Eric W. Hayden wrote an article on one of the best-known preachers in history: Charles Haddon Spurgeon. His collected sermons filled sixty-three volumes, consisting of between twenty to twenty-five million words, equal to twenty-seven volumes of the ninth edition of the *Encyclopedia Britannica*. This makes it the largest set of books by a single author in the history of Christianity. Before he was twenty years old, Spurgeon had preached more than six hundred times. Among the people who heard him were Prime Minister W. E. Gladstone, members of the royal family, members of Parliament, Florence Nightingale, and General James Garfield, who was later elected president of the United States.

When Spurgeon first arrived to pastor the New Park Street Church in 1854, the congregation had 232 members. By the end of his pastorate, nearly fifteen thousand people were added to the church. Throughout his lifetime, he preached to an estimated ten million people. His sermons sold twenty-five thousand copies every week and were translated into more than twenty languages. At least three of his books sold more than a million copies (Eric Hayden, “Charles H. Spurgeon: Did You Know?”).

We may think a Bible scholar and preacher like Spurgeon would always live in great spiritual victory, rejoicing over every success, but we would be wrong. In his comments on Psalm 88:8, Spurgeon wrote, “There are times when an unspeakable sadness steals upon me, an immense loneliness that takes possession of my soul. . . . It has become almost a matter of course that . . . sickness, and monotonous days, and grey shadows should be my portion. My God, my God, to whom can I turn for comfort but unto Thee, Thou Who didst drink the bitter cup of human loneliness to the dregs that Thou mightest make Thyself a brother to the lonely, a merciful and faithful High Priest to the desolate soul.”

His comments on Psalm 88:18 include these: “To be discountenanced or coldly treated by Christian friends, is often a consequence of a believer’s having forfeited his spiritual comfort. When the Lord is angry with His rebellious child, and is chastening him, He not only giveth Satan leave to trouble him, but permitteth some of the saints who are acquainted with him, to discountenance him, and by their cold treatment of him, to add to his grief.”

That does not necessarily mean Spurgeon surrendered to depression, but he certainly lived through difficult days. In those dark days, he remembered the words of Psalm 88:1, which begin with: “O LORD God of my salvation.” Charles Spurgeon, often known as the prince of preachers, offered, “While a man can see God as his Savior, it is not altogether midnight with him. While the living God can be spoken of as the life of our salvation, our hope will not quite expire. . . . Evil is transformed to good when it drives us to prayer” (Charles Haddon Spurgeon, *Psalms*).

BIBLE LESSON

I. THE ARREST

A. “That Thou Doest, Do Quickly”

When we read all four accounts of the last events of Jesus’ life before His crucifixion, we discover He was fully aware of the suffering awaiting Him. He knew it was all foretold in the Hebrew Scriptures. (See Matthew 26; Mark 14; Luke 22; John 17-18.)

Matthew’s account records Jesus and His twelve disciples sharing the Passover meal. Suddenly Jesus grimly announced: “Verily I say unto you, that one of you shall betray me. . . . The Son of man goeth as it is written of him: but woe unto that man by whom the Son of man is betrayed! it had been good for that man if he had not been born.” Judas asked, “Master, is it I?” Jesus answered, “Thou hast said.” By dipping a piece of bread into a common bowl and giving it to Judas, Jesus visually demonstrated that Judas was the one who would betray Him.

John added this sobering commentary: “And after the sop Satan entered into him. Then said Jesus unto him, That thou doest, do quickly” (John 13:27). Although Jesus’ prayer reveals His incomprehensible suffering to come, He did not seek to delay His betrayal. The prophets had spoken, and Jesus was willing to fulfill His redemptive purpose. Even with the shame and pain He was about to endure, Jesus understood that is why He came.

B. “As He Was Wont”

When the Passover meal was finished, Jesus went to the Mount of Olives to pray, “as He was wont.” Simply stated, Jesus was a man of faithful prayer. Sometimes we know what He prayed because the Gospels writers recorded His words; sometimes we don’t. At times He prayed the words of the Old Testament, such as we see in Matthew 27:46 (compare to Psalm 22:1; Hebrews 10:5-7 compare to Psalm 40:6-8). Although some people struggle with the idea that Jesus prayed, we see abundant testimony in Scripture that He prayed because He is God incarnate: God in human flesh. It is the mystery of the Incarnation: “And without controversy great is the mystery of godliness: God was manifest in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory” (1 Timothy 3:16). Jesus’ prayers arose from His full and genuine humanity. He was fully God, fully human. Jesus was not one divine person praying to another—an idea that violates Scripture’s radical monotheism and is difficult to distinguish from polytheism (belief in more than one god). Jesus’ prayers show us how He completely surrendered His human will to the will of God.

Mary was the first person to question the possibility that Jesus could be both God and man. Gabriel announced to her that she would conceive the “Son of the Highest” (the Son of God)—affirming His deity—and that the Lord God would give Him the throne of His father David—affirming His humanity. Mary asked: “How shall this be, seeing I know not a man?” The last few words of Gabriel’s answer should be accepted as the

answer to all our questions: “The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee: therefore also that holy thing which shall be born of thee shall be called the Son of God. . . . For with God nothing shall be impossible” (Luke 1:31–37).

C. I will prioritize prayer in every situation.

We can find no better model for prayer than Jesus. He prayed before selecting His twelve disciples, before performing several of His miracles, early in the mornings, high on the mountains. Here in the closing hours of His life, as He felt the weight of the world’s sins and sorrows fall squarely on His shoulders, Jesus prayed for the strength to do the will of Almighty God.

- ☑ Since Jesus prayed, we should absolutely pray. We need His help and strength to make it through everything we go through. When we wake in the morning, let us prioritize prayer. As we go through our day, prioritize prayer. As we make major decisions, face giants, fight battles, stand on the mountain, walk through the valley, let us prioritize prayer. We will have no greater access to God than in the times we get alone with Him in prayer.

DISCUSS: *Recount a time when you prayed and God gave you everything you needed in that moment.*

II. ANOTHER GARDEN, ANOTHER ADAM

If this story feels like we are coming full circle, we are. Everything started off in a garden, the Garden of Eden. In that garden, Adam sinned and broke covenant with God. God could have walked away from us, but He kept reaching for us. In fact, Paul recorded this contrast between Jesus Christ and Adam in Romans 5. The choices each one made influenced the history of humanity. Adam’s choice to disobey God introduced sin into the world as well as sin’s consequence: death. But Jesus’ choice to obey and submit to the will of God introduced life into the world: abundant life and eternal life.

A. Jesus Had a Choice

Like a skilled attorney, Paul carefully laid out his case against Adam in Romans 5:12–21. There was precious little positive Paul had to say about Adam, but he beamed as he testified of the positive life-changing impact of Jesus Christ’s righteousness. As pervasive and destructive as Adam’s sin was, Jesus’ atonement overcame it by reversing the effects of Adam’s sin. In the Garden of Gethsemane, Jesus exercised His power to choose by praying: “Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done” (Luke 22:42). Perhaps the devil thought he was going to defeat Jesus in this garden like he defeated Adam in another garden, but Jesus prayed; submitted His human will to the will of God; and conquered death, hell, and the grave. And it all started with Jesus’ choice to do the will of God.

DISCUSS: *What differences do you see between Adam and Jesus? Do you see some of those same differences in your own life?*

B. Jesus Chose to Obey

How can we say Jesus *chose* to obey? Does this mean He could have chosen to disobey? Could He have refused the cross? It is not wrong to ask these questions, but we must remember we are asking for a rational explanation of the greatest miracle in history—the miracle of our Creator incarnate. Jesus Christ is both God and man. The mystery centers around how Jesus can be God and man at the same time, or more biblically, how God (deity) can be manifest in the flesh (humanity). From our limited view, His humanity and deity were inseparable. Only on the cross, when Jesus cried out, “My God, My God, why hast Thou forsaken me?” do we see Jesus’ humanity and deity part ways.

C. I will pray to seek God’s will.

Some Christians have languished over how to know God’s will for their lives. Whom should they marry? Which house should they buy? Which car should they buy? Which church, career, calling, college, city, country? But we know and we do the will of God only through prayer. While we may make a pros and cons list before we make a decision, our first step ought to be Jesus’ faithful steps: prayer. Only God knows what we ought to do, and He will order our steps if we will ask Him and faithfully walk with Him.

DISCUSS: *What decision are you making right now that you should make a matter of faithful prayer?*

III. JESUS’ PRAYER

A. “Great Drops of Blood”

Jesus’ words and physical agony revealed His intense sufferings as He wrestled with what lay before Him. As He prayed even “more earnestly . . . his sweat was as it were great drops of blood falling down to the ground” (Luke 22:44). When He arrived at Gethsemane, He told eight of His followers to sit while He went further into the garden with Peter, James, and John. The Gospel of Luke is the one account that refers to Jesus sweating “as it were great drops of blood.” Since Luke was a physician, he paid attention to these physiological details. According to Dr. Timothy Metherell in *The Case for Easter*, “This is a known medical condition called *hematidrosis*. It’s not very common, but it is associated with a high degree of psychological stress.”

As Jesus contemplated His pending suffering, His body and soul were agonizing over what He was about to do. He told the three disciples who had followed Him further to wait and watch with Him, saying: “‘My soul is exceeding sorrowful, even unto death.’ Then he went even further, about a stone’s throw away, fell on his face, and prayed, ‘O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt’” (Matthew 26:37–39).

He returned to find His followers asleep. Jesus asked Peter: “‘What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.’ He prayed again: ‘O my Father, if this cup may not pass away from me, except I drink it, thy will be done’” (Matthew 26:40–42).

Again, Jesus found His disciples sleeping, so He left them and for the third time prayed the same prayer.

Luke reported: “There appeared an angel unto him from heaven, strengthening him.” Jesus prayed so intensely that His sweat dropped like blood to the ground. When He returned to His disciples, He found them sleeping once again. Their sorrow and weariness had sapped their strength and lulled them into sleep. Although Jesus was in the company of a few of His followers, He felt profoundly alone.

DISCUSS: *In times when you feel alone, how does knowing Jesus went through what you go through help encourage you?*

B. “Nevertheless Not My Will”

The Incarnation included all aspects of what it means to be human, including the human will. From the beginning, God created humanity with the ability to choose. Jesus is the only person who never exercised that choice in rebellion against God. It may be difficult for us to accept this thought, but the words of His prayers in Gethsemane—“If it be possible, let this cup pass from me”—indicate He wanted release from the horrendous suffering He knew lay in His immediate future. But there was no other way; this is why He came. Instead of acting on His desire to run from Calvary, Jesus surrendered His will to His divine destiny. He prayed, “Nevertheless, not my will but thine be done.” His destiny included not only physical and emotional suffering but also that He, the only sinless person, would be made “to be sin for us, who knew no sin; that we might be made the righteousness of God in him” (II Corinthians 5:21). The holy God of Heaven was about to carry all the sordid sins of all humanity of all time on Himself. That is love.

C. I will surrender my will to God’s will.

The most important decision we can make is to surrender to God’s will. The same apostle Peter who slept in the Garden later wrote under the inspiration of the Holy Ghost that God is “not willing that any should perish, but that all should come to repentance” (II Peter 3:9). God’s will is for everyone to be saved. He carried your cross. He carried all your griefs and sorrows; He suffered for your healing; He died for your sins. He has done everything He could do to save you, but He also gave us a choice. We must choose to surrender our will to His so we can experience the salvation He purchased for us by surrendering His will to God.

DISCUSS: *What area(s) of your life do you need to fully surrender to God? Are you willing to surrender to Him today?*

Teacher Option: Tell the story below or share one of your own to illustrate the power of making prayer our priority.

INTERNALIZING THE MESSAGE

George Müller is known as “the man who built an orphanage by prayer.” In the late 1830s, Pastor Müller felt like God was leading him to make a safe place for the orphans of his city of Bristol, England. Most of the orphans were left to fend for themselves, and many of them did not survive. God and His Word kept calling to Müller to offer them a safe place to live and someone to love them. But opening an orphanage was a major decision.

He could have raised funds and asked for donations, but he felt like this ministry should be born out of prayer. In fact, he felt like it should entirely be built by prayer, not just him raising funds. He prayed early and often, asking for God to lead him and provide for the children, if the orphanage was truly God’s will. One day in prayer, George felt God gave him peace that God would indeed provide all his needs. George had the “green light” from God; it was time to build.

Soon donations started pouring in without him asking for any money. Sometimes people brought one single coin; at other times they brought food, furniture, and clothing. George didn’t ask for help, except from God, and help continued to arrive. Within months he opened the

doors of the orphanage and over the years, cared for thousands of children who needed a home and family.

One morning, the children gathered around the breakfast table, but there was no food. Pastor Müller had watched God miraculously provide before, so he called the children to pray and thank God for the food they had to eat—although there were only empty plates and cups on the table. In moments, a baker knocked on the door with some fresh bread, saying he felt led to bring it. Then a milkman brought some milk because his cart had broken down nearby. George and all the children saw with their own eyes as God provided yet again.

George’s willingness to submit his comfort and convenience to God in prayer saved thousands of children from homelessness, disease, and despair. When Jesus prayed His prayer in the Garden, He surrendered His desire to be comfortable, and even crowned King, to the will of God to lay down His life for the souls of all humanity. It would have been easier for Jesus to walk away—and none of us could fault Him. But He chose to die for us so we could one day live with Him.

You are right; that’s not fair. But it is grace, and we thank God for it.