



THE POWER of JESUS' *self*-GIVING
PAIN
JESUS' GARDEN OF SORROWS

40 DAYS CELEBRATING JESUS' SACRIFICIAL JOURNEY

40 DAYS CELEBRATING THE LIFE OF JESUS AND HIS DEATH UNTIL EASTER!

“And he took bread, gave thanks and broke it, and gave it to them, saying, This is my body given for you; do this in remembrance of me. In the same way, after the supper he took the cup, saying, This cup is the new covenant in my blood, which is poured out for you.” **Luke 22: 19-20**

THE GARDEN OF JESUS' SORROWS

“Returning the third time, he said to them, Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners.” **Mark 14.41**

INTRODUCTION:

Have you ever faced or are you currently facing a Garden of Sorrow? I want to invite you on a journey through the Garden that Jesus walked through out of love for you and me.

Shall we?

THE PATH TO GETHSEMANE...

The life and ministry of Jesus were marked by compassion, miracles, and transformative teachings. From the beginning, He proclaimed the coming of the Kingdom of God and revealed the Father's heart to the world.

He healed the sick, restored lives, cast out demons, and announced the good news to the poor. His ministry was a call to repentance and the restoration of communion between God and humanity.

However, not everyone received Him. Opposition grew, religious leaders became outraged, and the crowds that once followed Him began to divide. His path was set from birth: He came to give His life as a ransom for many.

The climax of His journey was near. After three years of teaching and demonstrating God's love, Jesus celebrated the Passover with His disciples.

That night, He instituted the New Covenant by breaking the bread and sharing the wine. But He knew that the most difficult moment was yet to come.

From there, He went to a crucial place: the Garden of Gethsemane. Not a place of rest, but the battlefield of His greatest struggle before the cross. There, in the darkness, Jesus would face the pain of separation from the Father, the anguish of the world's sin upon Him, and the weight of total obedience.

Just as Gethsemane marked the most decisive moment in Jesus' ministry, our gardens of sorrow also become places of definition.

What will we do when anguish reaches us?

How will we endure life's pressures?

This Lent, we are called to look to Jesus and learn from Him. Gethsemane was the place where He surrendered to redeem us. Today, we will reflect on this moment and how we can go through our own times of sorrow with faith, trust, and surrender.

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“I will guide them and restore comfort to Israel’s mourners, creating praise on their lips. Peace, peace, to those far and near, says the Lord. And I will heal them!” Isaiah 57.18-19

WITHIN THE FATHER’S ETERNAL PLAN, THERE WAS A STOP IN GETHSEMANE

This place could have been spared from the Son, but it was not.

Yet, Jesus redefined that place, bringing hope and grace.

The Olive Press and Gethsemane:

The very name Gethsemane means “olive press,” a place where olives were crushed to extract oil. This process involved three stages:

First press – The first oil extracted was pure and used for anointing in the temple.

Second press – The second oil was used for food and medicine.

Third press – The final oil was used for lighting, burning in household lamps.

Similarly, Jesus went through three moments of intense agony in Gethsemane, praying three times

and being crushed emotionally, spiritually, and physically. His sweat became like drops of blood (Luke 22:44), a rare medical phenomenon called hematidrosis, which occurs under extreme stress.

What came from Christ in that Garden was the most precious offering: His own blood, the anointing that heals us, nourishes us spiritually, and illuminates our path to God.

Just as olives must be pressed to release their oil, Jesus was crushed so that we could receive life. When we go through our own Gethsemanes, God is extracting something precious from us, a greater purpose that will only be revealed after the process.

The Story of the Father and the Son in the Field:

A small boy was helping his father in a wheat field. When a storm approached, the father placed him inside a barn and said:

- Son, I need to finish the harvest. You must trust me and stay here inside, even if you don't understand everything.

The boy felt afraid. He could hear the wind roaring and see the lightning flashing, but he remembered his father's words and remained there. When the storm passed, the father

returned, held him in his arms, and said:

- You did well to trust. I would always come back to get you.

Jesus, in Gethsemane, had to trust the Father in the midst of an emotional and spiritual storm. Even knowing what He would face, He remained in the Father's will. When we are in our own Gethsemanes, we need to remember that God does not leave us alone in the storm—He will always come back to hold us.

- Presuppositions to Be Considered in Processes of Pain

a. Accept God's Love for You

Surrender to the care and affection of the Father. There is no merit—it is grace!

b. Confess Your Sin of Self-Pity

Your pain does not define who you are!

c. Flee from Destructive Defense Mechanisms

There is nothing that God's presence cannot heal—do not hurt others!

d. Experience Your True Identity

Invest in a deep relationship with the Holy Spirit, your family, and the family of faith.

Attitudes That Redefine Your Process of Pain:

1. SURRENDER OF THE KNEES AND THE HEART:

*“Going a little farther, he fell to the ground...”
(Mark 14:35)*

“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)

*“You will never know that God is all you need until He is all you have.” **Rick Warren***

Attitudes That Redefine Your Process of Pain:

2. SUBMISSION TO THE FATHER'S WILL

“Yet not what I will, but what you will.”

Mark 14.36

*“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.” **Luke 9.23***

“Surrender to God is not a one-time act, but a lifestyle.” Dallas Willard

Attitudes That Redefine Your Process of Pain: 3. CONNECTION OF INTIMACY:

*“Abba, Father, everything is possible for you.”
Mark 14.36*

“The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, Abba, Father.” Romans 8.15

*“The greatest gift God can give you is Himself. He does not just show the way; He is the way.”
Larry Crabb*

Attitudes That Redefine Your Process of Pain: 4. RESILIENCE TO FACE CHALLENGES:

*“Rise! Let us go! Here comes my betrayer!”
Mark 14.42*

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6.9

“Pressure does not destroy the vessel; it shapes it. God uses what crushes us to mold us.” T.D. Jakes

- ***Crushing***

CLOSING

THE COMFORT YOU WILL RECEIVE IN THE GARDEN OF SORROWS

- **The Comfort of Communion with the Father:**

“After Jesus said this, he looked toward heaven and prayed: Father, the hour has come. Glorify your Son, that your Son may glorify you.”

John 17.1

- **The Supernatural Comfort of Faith:**

*“An angel from heaven appeared to him and strengthened him.” **Luke 22.43***

- **The Comfort of Your Identity and Purpose:**

*“Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God.” **John 13.3***

FINAL PRAYER

Lord, today I bow before You in my own Gethsemane. I know that the path of obedience often leads me to moments of anguish, but I also

know that You are with me.

I surrender my will into Your hands, trusting that Your plans are higher than mine. Help me to yield my heart, to remain steadfast, and not to run away from the process that shapes me into the image of Christ.

Give me strength to persevere, even when I feel weak. May Your presence be my sustenance, may my identity in You strengthen me, and may Your Holy Spirit comfort me.

Today, I choose to trust, to rest, and to move forward because I know that You are faithful.

In Your name, Jesus.