

Solitary Anguish

Matthew 26:31-46

- I. **THE EXPERIENCE OF HUMAN FRAILITY** (Heb 2:11, 14, 17-18 & 4:15-16)
 - A. **Weak Flesh** (38-39, Heb 4:15)—
 1. **Physical Limits**—weakness, pain, fatigue, various responses to stress...
 2. **Emotional Distress**—overwhelmed, troubled, sorrowful to the point of death, dread
 3. **Spiritual Struggle**—temptation to abandon the plan, struggle to submit
 - B. **Weak Friends** (31, 40, 43, 45)—
 1. **Don't Understand**—what Jesus has been telling them or what He is going through
 2. **Don't Follow-through**—promise big things but fail to perform even a small request
 3. **Don't Have What It Takes**—they shut down emotionally and physically
- II. **THE NECESSITY OF WATCHFUL PRAYER** (40-41)—**how to overcome temptation**
 - A. **Know Yourself** (31-35; 1 Cor 10:12)—**you are not as strong as you think you are**
 1. **Personal Weakness**—Where I am particularly vulnerable
 2. **Emotional Honesty** (38)—intimacy and security of the relationship
 - B. **Know Your Purpose** (42b; Mat 20:28; Jn 12:27-28)—**remember why you're here**

C. **Know Your God** (Mat 6:9, 26; Jn 17:1, 6)—**Almighty and loving Father delights in you**

1. **Confidence in His Love**—I trust His heart; He will hear me and help me.
2. **Faith in His Wisdom**—I trust His judgment; He knows what is best for me.
3. **Submission to His Will**—I am joined in purpose with Him.

III. **CHRIST'S AGONY IN THE GARDEN** (38-39; Mk 14:33; Lk 22:44; Heb 5:7)—

A. **The Son of God** (39, 42; Mat 3:17)

1. **God Himself** (Jn 10:30)—God gives Himself, not some cosmic whipping boy
2. **Our Only Hope** (Jn 14:6; Act 4:12)—only God can atone for the sin of all humanity

B. **The Dreaded Cup** (39, 42)—Why was Jesus so distraught?

1. **The Horror of Our Sin** (2 Cor 5:21)
2. **The Rupture of Relationship** (Isa 59:2)
3. **The Wrath of God** (Jer 25:15-16; Rev 14:9-11)

C. **The Suffering Servant** (Isa 53)—the sacrificial atonement of Christ