



**Franklin Avenue Baptist Church**  
**Evening Bible Study**  
*Understanding Jesus' Agony and Submission in Gethsemane*  
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**March 25, 2026**

**Lesson Objective**

To help believers understand the depth of Jesus' suffering in the Garden of Gethsemane and what His surrender teaches us about obedience, sacrifice, and trust in God.

**Scripture Focus**

- Matthew 26:36–39
- Mark 14:32–36
- Luke 22:39–44

**Introduction**

Before the cross, there was a garden. Before the nails, there was a cup. In Gethsemane, we see not just what Jesus did, but what it cost Him.

**I. The Meaning of "This Cup"**

Jesus' request, "*Let this cup pass from Me,*" is deeply symbolic.

**What the Cup Represents:**

- The full weight of God's wrath against sin.
- The burden of becoming sin on behalf of humanity (2 Corinthians 5:21).
- Spiritual judgment and separation.

**Old Testament Background:**

- Isaiah 51:17
- Jeremiah 25:15

Jesus was not just facing death; He was facing divine judgment.

**II. The Humanity of Jesus**

In the garden, we see Jesus' humanity on full display.

**What He Experienced:**

- Deep anguish, sorrow, and distress (Matthew 26:38).
- A natural desire to avoid suffering.
- Honest communication with the Father.

As noted by Matthew Henry, Jesus' suffering began in the garden, not just on the cross. Jesus shows us that expressing pain to God is not weakness—it is faith.



### III. The Submission of Jesus

The turning point of the passage is His surrender:

*"Nevertheless, not as I will, but as You will."* (Matthew 26:39)

#### What This Reveals:

- Perfect obedience
- Alignment with the Father's will.
- A model of surrender for every believer.

True obedience is choosing God's will—even when it is difficult.

### IV. The Intensity of the Moment

Luke 22:44 describes the depth of Jesus' agony.

#### Scholarly Insight:

- Possibly linked to hematidrosis (extreme stress condition).
- Reflects overwhelming emotional and spiritual pressure.

What Jesus faced spiritually was more intense than what we can fully comprehend.

### V. What Was Jesus Sorrowful About?

Scholars agree His sorrow was multi-layered:

#### Bearing the Wrath of God

- He would take on judgment meant for humanity.
- The "cup" represents divine wrath.

#### Becoming Sin

- Carrying the sins of the world (2 Corinthians 5:21).
- Experiencing guilt that was not His own.

#### Separation from the Father

- Anticipated in Matthew 27:46
- A break in fellowship unlike anything He had ever known.

#### Physical Suffering

- The brutality of crucifixion
- Pain, shame, and humiliation

#### The Weight of Obedience

- Fully understanding the cost
- Choosing submission anyway (Luke 22:42)

#### The Loneliness of the Moment

- Disciples asleep
- Facing the burden alone

Jesus' sorrow was not fear; it was the weight of redemption.



## **VI. Theological Significance**

This moment helps us understand:

- The cost of redemption.
- The substitutionary atonement of Christ.
- The dual nature of Jesus (fully God and fully man).

Jesus was not questioning God; He was submitting to God.

## **VII. Application**

### **1. Bring Your Honest Emotions to God.**

- Jesus prayed honestly—we can too.

### **2. Obedience Requires Surrender.**

- God's will is not always easy, but it is always right.

### **3. God's Purpose Is Greater Than Our Pain.**

- What feels unbearable may be part of God's greater plan.

## **Discussion Questions**

1. What does "the cup" mean to you after this study?
2. Why is it important that Jesus experienced real sorrow?
3. What does "not my will, but Yours" look like in your life?
4. How can you better trust God in difficult seasons?