



Gethsemane

Part Two: Sorrow

Lectio Read

Read slowly and attentively, then read it again. Immerse yourself in the scene. Circle key words and ideas. Pray that the Holy Spirit reveals something particular to you.

Matthew 26:36-46 (NIV)

36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” 37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

39 Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

40 Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. 41 “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

42 He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

43 When he came back, he again found them sleeping, because their eyes were heavy. 44 So he left them and went away once more and prayed the third time, saying the same thing.

45 Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. 46 Rise! Let us go! Here comes my betrayer!”

Meditatio **Meditate**

Fully God, fully man. This is the unique paradoxical identity of the God-man who we have chosen to devote our lives to. This is the hypostatic union of Jesus Christ. We can often forget that Jesus is fully human. Jesus – *the man of sorrows, acquainted with the deepest grief (Isa 53:3)* – plunged to the very depths of human existence. In Gethsemane Jesus was torn apart by the reality of his impending demise. He is consumed by loneliness and sorrow. This is the vocation of the Messiah.

In Jesus, God exposed himself to createdness, mortality, suffering, and grief – things contrary to the divine nature of ageless self-sufficiency and transcendency. In Jesus, God became like us. He became like us so that he could claim the territory of the devil and lead us from captivity to sin into eternal life. This has been done for us, it is being done to us, and it is being done through us.

Jesus' passion was one of profound sorrow; betrayed by those he loved, isolated from his heavenly Father. Gethsemane was a fight or flight moment for the Son of God, and he painfully and sorrowfully chose obedience. He chose you.

True God from true God

Light from light

Fight or flight.

The Great I AM degraded

Ageless, begotten

Only Son

Man undone

God almighty forsaken

In Gethsemane

A moment

Of torment

Dark depths of human frailty

Our substitution

All our sin

Forgiven

The divine revolution



Oratio **Pray**

With confidence and trust let us pray to the Father.

For the one holy catholic and apostolic Church

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For the mission of the Church,

that in faithful witness it may preach the gospel

to the ends of the earth,

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For those preparing for baptism [and confirmation]

and for their teachers and sponsors,

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For peace in the world

that a spirit of respect and reconciliation may grow

among nations and peoples,

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For the poor, the persecuted, the sick, and all who suffer ...

for refugees, prisoners, and all in danger

that they may be relieved and protected,

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For those whom we have injured or offended,

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For grace to amend our lives and to further the reign of God,
let us pray to the Father.

Lord of compassion,

in your mercy hear us.

In communion with all those who have walked in the way of
holiness

let us pray to the Father.

Lord of compassion,

in your mercy hear us.

God our Father,

in your love and goodness

you have taught us to come close to you in penitence

with prayer, fasting and generosity;

accept our Lenten discipline,

and when we fall by our weakness,

raise us up by your unfailing mercy;

through Jesus Christ our Lord.

Amen.

Contemplatio **Contemplate**

God's holy word is alive and active. God's word transforms us. When we approach God in humility and with expectation we are changed.

Holy Spirit, come.

Show me the depths of the Father's heart.

Let me encounter your truth.

Let me be transformed by your love.

Lead me in the ways of Christ.

I am yours.

Amen.

Ask yourself the following questions and contemplate how this reading and meditation may take shape in your life:

- *What does any of this mean for me?*
- *How can I be formed and reformed by this deeper appreciate of Christ's sacrifice?*
- *What does this look like in my life?*
- *How does it affect my relationships?*