

Day 1

October 1



Pray | Express your gratitude to Jesus for suffering in your place.

Jesus, the Son of Man, knows the pain of betrayal, separation, and aloneness. One of the great mysteries of the life of Jesus is his incarnation. Incarnation refers to God the Son taking on a human body and living here on earth as a human. It's a mystery and a miracle that we will never fully understand. While on earth, Jesus (the Son of God) commonly referred to himself as the Son of Man, alluding to His full participation in life as a human. In the passage we'll be examining this week, we clearly see this dual nature of Jesus' life here on earth. In the Garden of Gethsemane, we see Jesus, Son of Man, overwhelmed with sorrow and distress. He knows the path God the Father has called him to walk is one of betrayal, separation, and pain, and it seems more than he can bear. The choice that faces Jesus has eternal consequences, and Satan knows it. Satan throws his entire arsenal of weapons at Jesus to draw him away from the path God has called him to walk. As followers of Jesus, we can draw great encouragement from the fact that our Lord, as a human, resisted the full attack of Satan. He understands the battle we're facing, and he has paved the way for our victory!



Read | [Matthew 26:36-46](#)



Reflect | Spend some time reflecting on one or more of the following:

Jesus' disciples really let him down in the Garden Gethsemane. Jesus had invested three years leading, teaching, and training these disciples, and when he needed them most, they were not there for them. Have you ever been let down like Jesus was, or did you let someone down like the disciples did? What is God telling you in these verses about dealing with a situation where you were let down or the guilt of letting someone down?

It's hard for our brains to grasp the reality of Jesus while living on earth, being both human and God. Take a few minutes to reflect on your current level of understanding and "buy-in" on this reality. Why is it important to you? Why is it not important?

Jesus was facing the reality of complete separation from his Father—something he had not experienced before. Because Jesus walked the path of suffering and separation from his Father, we no longer need to ever face a life separated from God. What words would you use to describe life completely separated from God? Reflect on the current state of your life and your degree of separation from God. Is God calling you closer to him right now?

Day 2

October 2



Pray | Fall on your face and offer a prayer of surrender to God.

Emulate Jesus, the Son of Man, when you pray.

As followers of Jesus, we are called to model our lives after the life that Jesus lived here on earth. Prayer is a critical dimension of that call.

Throughout his ministry on earth, Jesus taught and modelled the importance of coming into God's presence through prayer. In the Lord's Prayer, Jesus gives us the critical elements of a prayer (Matthew 6:9-13). In his prioritizing time alone to commune with God the Father, we see how important it is for us to do the same (Luke 5:16). In the Garden of Gethsemane, we see Jesus demonstrate the mindset we must adopt as we approach God in prayer and a physical position that promotes that mindset. Matthew 26:39 tells us, "And going a little farther *he fell on his face* and prayed...." Can you picture it: Jesus collapsed on the ground with his face in the dirt? This is the Son of Man and Son of God approaching his Father in a mindset and position of absolute humility and surrender. We don't know if Jesus always prayed in this position, but we do know that when it mattered most he did.



Read | Matthew 26:36-46



Reflect | Spend some time reflecting on one or more of the following:

Jesus fell on His face before God in prayer. What is your initial reaction to incorporating this physical position of humility and submission into your private prayer time? Take a few minutes to reflect on the reasoning behind your reaction.

If you are already living under the lordship of Jesus Christ, with what mindsets other than humility and surrender can and should you enter into God's presence? If you do not yet have a personal relationship with Jesus Christ, now is the perfect time to surrender your life to the lordship of Jesus Christ by approaching God in prayer and sharing your heart with him.

At its core, prayer is entering into the presence of God and having a conversation with him. Too many times our prayers are monologues and not conversations. Making prayer a conversation becomes so much more natural when you truly enter into God's presence. How do you ensure you enter into God's presence when you pray?

Day 3

October 3



Pray | Ask God to reveal his will for your life in a new way.

True resolve comes from confidence that God's will is better than yours.

When Jesus, Son of Man, passionately prayed in the Garden of Gethsemane, he knew the path that God was calling him to walk, but it was such a dark path that he was moved to beg God to consider a different option—three times! Each time Jesus prayed, he acknowledged that he was praying in alignment with his own will, and ultimately God's will needed to be accomplished. This is another dimension of submission and humility that we too must apply to our conversations with God. We don't know exactly what Jesus heard from his Father in those conversations in the Garden, but after the three prayers, we see a transformation in Jesus. The spirit of sorrow and anguish disappears and is replaced by a spirit of confidence and resolve. We see in both Jesus' words and behavior that he has truly accepted that God's will will produce the best outcome. It's much easier to *say*, "Thy will be done," than to *accept and live*, "Thy will be done." Your level of dependence on God is revealed by your willingness to make God's will your will.



Read | [Matthew 26:45-56](#)



Reflect | Spend some time reflecting on one or more of the following:

In which areas of your life is it most difficult for you to surrender your own will to God's will? Take a few moments to reflect on why that is, and then go to God in prayer, acknowledge your weakness, and ask God for the strength to surrender that area to him.

Jesus went back to his Father three times with the same request. How do you imagine God responding to the same request three times in a row? If Jesus went to God three times with the same request, what does this tell you about persistence in prayer and God's love and patience with his creation?

It's not always easy to discern God's will for your life. When you're struggling with a decision, what techniques and resources do you draw on to determine where God is leading you? What lessons would you draw from observing Jesus in the Garden of Gethsemane?

Day 4
October 4



Pray | Praise God that Jesus was both Son of Man and Son of God.

Jesus is either who he said he was or the biggest fraud ever.

The mob that arrested Jesus brought him to Caiaphas the high priest for a “trial.” Eventually, the false witnesses stumbled onto a charge that raised the interest of Caiaphas and a response from Jesus. Until that point, Jesus had done all he could to suppress the public revelation that he was indeed the Son of God, but the time had come for him to go public. From that first revelation to this very day, the idea that Jesus is the Son of God has divided people. In one camp you have those, like Caiaphas, whose eyes, hearts, and minds are closed. For them the idea is so impossible to accept, that it must be a lie—pure blasphemy. But for those whose eyes, hearts, and minds have been opened to the true nature of Jesus, it is the source of eternal hope. There is no middle ground here. One camp will celebrate the return of the Son of God on the clouds of heaven, and the other will tremble in fear. One camp will spend eternity in God’s perfectly restored creation, and the other will be eternally separated from God. We all must choose which camp we’re in.



Read | Matthew 26:57-68



Reflect | Spend some time reflecting on one or more of the following:

Jesus waited to reveal himself as the Son of God until the time was right. Under which circumstances (if any) would it be appropriate for you to hold back from revealing that you are a follower of Jesus Christ? Why?

Why is it so important that you accept and believe that Jesus is truly human *and* truly God?

Which camp are you in? If you truly believe Jesus is the Son of God, he died and rose from the dead, and his sacrifice and victory paid the debt for your sin take a few minutes to give God thanks for his great gift. If you do not believe that Jesus is the Son of God or are unsure of what you fully believe, I encourage you to keep an open mind and to continue researching this topic. Consider reading a book on the topic of who Jesus is such as *Who is This Man* by John Ortberg.

Day 5

October 5



Pray | Praise God for his great Story revealed in the Bible.

The prophecies and promises of the Old Testament all point to Jesus.

One of the amazing aspects of the Bible is how the books, written over thousands of years, all tell a single, cohesive story. The books of the Old Testament tell a story that culminates in the life, death, and resurrection of Jesus Christ. In many cases, passages in the Old Testament predicted things that happened to Jesus. In other cases, Jesus used words of Old Testament passages to establish the connection between himself and the promises of the Old Testament. Each of the Old Testament passages you read today have a link to the story of Jesus' arrest in the Garden of Gethsemane and his initial trial before Caiaphas (Matthew 26:36-68). As you read each passage, make the connection between Old and New, and savor the beauty of the Story of God.



Read | [Psalms 55:12-14; Zechariah 13:7; Daniel 7:13; Psalms 110:1](#)



Reflect | Spend some time reflecting on one or more of the following:

The Bible is God's instruction book for life. How familiar are you with these instructions? What habits and disciplines have you established to ensure you are regularly reading and meditating on these instructions? Take a few minutes to consider opportunities to invest more time in this most important activity.

Jesus says in Matthew 26:54, "But how then would the Scriptures be fulfilled that say it must happen in this way?" We see in these words that fulfilling the Old Testament prophecies was on Jesus' mind and was an important aspect of the path Jesus was walking. How does the clear connection between the promises and prophecies of the Old Testament and the life of Jesus encourage you and give you confidence in the validity of the Bible?

In Psalms 100:1 and Matthew 26:64, we see an image of Jesus (our Lord and the Son of Man) sitting at the right hand of God. What is the significance of Jesus sitting at the right hand of God?

Unless indicated otherwise, all Scripture quotations are taken from The Holy Bible, New International Version® (NIV®). Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.