

Bible Reading: John 12:1-8

"They went to a place called Gethsemane, and Jesus said to his disciples, 'Sit here while I pray.' He took Peter, James and John along with him, and He began to be deeply distressed and troubled. 'My soul is overwhelmed with sorrow to the point of death,' He said to them. 'Stay here and keep watch.' Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 'Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will.'"

The Garden of Gethsemane: a place where olive oil was crushed and prepared...but on this night, it was the place where Jesus' spirit was crushed as He prepared for the suffering that awaited Him. Although Jesus knew what He had to do, He was still overwhelmed by the task ahead.

He was fully God, but also fully man - and as His crucifixion neared, His grief became greater. But in the midst of His grief, this is how Jesus responded...

Jesus acknowledged the pain.

Almost immediately after arriving at the Garden, Jesus told His disciples about His emotional distress. He didn't try to hide it. Instead - He asked His closest friends to support Him during His suffering.

If Jesus openly talked about His emotions, then we should feel empowered to do the same thing with people we trust. We weren't meant to go through painful situations alone, and Jesus' actions confirm this.

Jesus acknowledged the grief.

Jesus then went and spent time in prayer. But even before God, He didn't try to downplay His sorrow - instead, Jesus ran to God with His pain.

His response is a great reminder that we can bring God our hurt and suffering, and He will comfort us. He is acquainted with our grief because He grieves with us...and He has grieved for us.

Jesus glorifies God anyway.

Jesus' ability to say, "not my will, but Yours be done" comes after He brings God the grief. Despite the physical torture and spiritual suffering awaiting Him, Jesus entrusted His concerns to God, which created space for His will to be realigned with God's will. His surrender became selfless worship.

Bringing our suffering to God is a way for us to glorify Him. So when you feel overwhelmed by your circumstances, come to Jesus, give Him your burdens, and let Him comfort you. He can handle your suffering because He's already experienced it.

Today, reflect on what is currently causing you pain. Then, follow Jesus' example and invite God and a few trusted friends to support you.
