



5 DAY DEVOTIONAL

Sermon: Gethsemane

SPEAKER: REV. CHRIS SMITH | 3/22/2026 | PAGE 1 OF 5

Day 1: The Weight of the World

Devotional: Gethsemane means 'oil press' - a place where olives are crushed to extract precious oil. In this garden, Jesus experienced crushing pressure unlike anything we could imagine. He felt the weight of every sin, every broken heart, every injustice that ever was or would be. The stress was so intense that His sweat became like drops of blood, a rare medical condition that occurs under extreme anguish. Yet in this moment of overwhelming burden, Jesus had you and me on His mind. Every tear you've cried, every mistake you've made, every moment you've felt alone - He carried it all in that garden. His anguish wasn't for His own benefit, but for our redemption. When life feels heavy and you wonder if anyone understands your struggles, remember Gethsemane. Jesus not only understands - He chose to bear your burdens so you wouldn't have to carry them alone.

Bible Verse: 'And they went to a place called Gethsemane; and he said to his disciples, "Sit here while I pray."' - Mark 14:32

Reflection Question: When you feel overwhelmed by life's pressures, how does knowing that Jesus willingly carried your burdens in Gethsemane change your perspective?

Quote: And in the same way Jesus was. He was pressed. He was feeling the weight of heaven. He was feeling the well. He was feeling the weight of our sin. He was feeling the weight of the oppression of hell. He was feeling literally the weight of the world.

Prayer: Jesus, thank You for carrying the weight of my world in Gethsemane. Help me to remember that You understand my struggles and that I never walk alone.

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Day 2: Honest Prayer, Surrendered Heart

Devotional: Jesus' prayer in Gethsemane teaches us that authentic prayer includes honest emotions. He didn't hide His desire to avoid suffering - He openly asked if there was another way. Yet His honesty was paired with complete surrender: 'Nevertheless, not what I will, but what You will.' This shows us that we don't need to sanitize our prayers or pretend we're stronger than we are. God can handle our raw emotions, our fears, and our questions. What matters is that we end where Jesus ended - in surrender to the Father's will. When we're facing difficult circumstances, we can follow Jesus' example: be honest about our struggles, trust in God's power to change things, and ultimately yield our will to His perfect plan. Surrender isn't giving up - it's choosing to trust that God's way is better than our own, even when we can't see the full picture.

Bible Verse: 'And he said, "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will."' - Mark 14:36

Reflection Question: What area of your life do you need to move from honest struggle to surrendered trust, following Jesus' example in Gethsemane?

Quote: And he said, abba, Father, all things are possible for you. Take this cup away. From me, nevertheless. Not what I will, but you will.

Prayer: Father, help me to be honest with You about my fears while trusting Your perfect will. Give me the courage to surrender my plans to Your greater purpose.

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Day 3: The Power of Staying Alert

Devotional: While Jesus wrestled in prayer, His disciples fell asleep. Despite their love for Him, they couldn't stay awake during His greatest hour of need. Their failure wasn't from lack of caring - it was from spiritual weakness. Jesus' gentle rebuke reveals a profound truth: 'The spirit indeed is willing, but the flesh is weak.' This mirrors our own spiritual struggles. We want to pray, to stay connected with God, to be there for others - but we get distracted, tired, or overwhelmed. The disciples' example isn't meant to condemn us but to encourage us toward spiritual alertness. When God prompts you to pray for someone, don't delay. When you sense the need to seek Him in prayer, don't postpone it. Staying spiritually alert means recognizing these divine moments and responding with obedience. Your prayers might be the very thing someone desperately needs, just as Jesus needed His friends to intercede during His darkest hour.

Bible Verse: 'And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour?"' - Mark 14:37

Reflection Question: When has God prompted you to pray for someone or something, and how can you become more alert to these divine invitations?

Quote: The request Jesus made to the disciples was simple. Watch and pray, or stay alert and pray. But they slept instead.

Prayer: Lord, make me sensitive to Your promptings to pray. Help me stay spiritually alert and respond obediently when You call me to intercede for others.

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Day 4: Prayer Changes Everything

Devotional: In Gethsemane, Jesus demonstrated that prayer is our lifeline to the Father. It was through prayer that He found the strength to face the cross. Prayer gave Him direction and prepared Him for the ultimate sacrifice. Without this crucial time of communion with the Father, the journey to Calvary might have looked very different. Prayer isn't just asking God for things - it's aligning our hearts with His will and receiving His strength for whatever lies ahead. When we pray, we're not trying to change God's mind; we're allowing Him to change our hearts and equip us for His purposes. Just as Jesus' prayer in Gethsemane prepared Him for Calvary, our prayers prepare us for the challenges and opportunities God has planned. Don't underestimate the power of prayer in your own life. It's not a last resort when everything else fails - it's the first and most important step in facing any situation with God's strength and wisdom.

Bible Verse: 'And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.' - Luke 22:44

Reflection Question: How has prayer served as your lifeline during difficult times, and what would change if you made it your first response rather than your last resort?

Quote: Prayer is that lifeline to the Father. Amen. Prayer gives us direction. Prayer. This prayer at Gethsemane made the difference on going to Calvary.

Prayer: Father, help me to see prayer as my lifeline to You. Teach me to seek Your strength and direction through prayer before facing any challenge.

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Day 5: Unwavering Love

Devotional: In His deepest agony, Jesus did not waver in His commitment to provide salvation for mankind. Even while feeling the crushing weight of the world's sin, even knowing He would face the cross alone, He remained steadfast in His love for us. This unwavering dedication reveals the depth of God's love - it's not dependent on our performance or circumstances, but flows from His unchanging character. Jesus' example challenges us to examine our own commitment to God's will. When life gets difficult, do we waver in our faith? When following God's plan becomes costly, do we look for easier alternatives? Jesus shows us that true love perseveres through the darkest valleys. His faithfulness in Gethsemane secured our salvation and demonstrates that God's promises are absolutely reliable. Because Jesus didn't waver, we can face our own challenges with confidence. His unwavering love for us becomes the foundation for our unwavering trust in Him, no matter what circumstances we face.

Bible Verse: 'Although he was a son, he learned obedience through what he suffered. And being made perfect, he became the source of eternal salvation to all who obey him.' - Hebrews 5:8-9

Reflection Question: In what areas of your life do you need to demonstrate the same unwavering commitment to God's will that Jesus showed in Gethsemane?

Quote: In his deepest agony, Jesus did not waver to provide salvation for mankind. Yes, he felt the weight of the world, but he did not waver.

Prayer: Jesus, thank You for Your unwavering love that carried You through Gethsemane to the cross. Help me to remain faithful to Your will, even when the path is difficult.

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