

# THE BATTLEGROUND FOR YOUR SOUL



## - The Garden -

### Ice-Breaker:

Think back to a time when you were most anxious about an upcoming event. How did you cope with the stress and anxiety and what did you learn from the experience (good, bad or otherwise)?

### Discussion:

#### 1. Read Hebrews 4:15-16

- Explain how Jesus was tempted “in every way,” just as we are.
- How does the fact that Jesus was human (like us) bring you comfort, confidence and encouragement?

#### 2. Read John 18:4-6. How does the fact that Jesus was not only fully human, but also fully God, bring you comfort, confidence and encouragement?

#### 3. Read Matthew 26:36-38. Who are the close friends you invite in when you’re experiencing grief or suffering in your life?

#### 4. Read Matthew 26:39. What does Jesus’ prayer teach us about how we should approach God in prayer?

#### 5. Read Matthew 26:40-41. Share some common examples of the spirit being willing but the flesh being weak.

#### 6. Read Luke 22:43-44. Jesus suffered from a medical condition known as ‘hematidrosis,’ where you sweat blood through your pores. This condition is brought on by extreme stress and intense mental contemplation. Explain the difference between the stress that Jesus endured in the garden and worry.

#### 7. Read Philippians 4:4-7.

- What is the cure for anxiety according to this passage?
- How can we rejoice in the Lord “always”... even in stress, suffering, etc.?

### Application:

- Have you ever felt guilty over feeling stressed-out or anxious? If so, looking back... was it really related to worry or simply a physiological response to real danger in your life?
- How does knowing that Jesus suffered extreme physiological stress minister to you personally and enable you to minister to others?