2-11-2026

# The Cup in the Garden - The Agony of Our Savior

## Opening Prayer

Father God, we come before You in the name of Jesus. We ask that You would quiet our hearts and open our eyes. As we look at what happened in the Garden of Gethsemane, help us understand the depth of Christ's love and obedience. Lord please teach us daily. Please show us the meaning of the cup.  If there is anyone who does not know you personally I ask that you will touch their heart and draw them to saving faith. In Jesus' name, Amen.

## Setting the Scene - The Final Night

It is Jesus final night before his Crucifixion.

Jesus has finished the Passover meal with His disciples. He has washed their feet. He has broken the bread and lifted the cup, saying:

***(Luke 22:19-20, NIV 19 And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."***

***20 In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you.)***

He has warned Peter of denial. He has spoken of betrayal. Judas has already left to carry out his plan.

Now Jesus crosses the Kidron Valley and enters a familiar place …. a garden called Gethsemane. 👉 **geth-SEM-uh-nee**

"Gethsemane" means **"olive press."**

Olives were crushed there to produce oil.

Think about that for a moment…"Olive Press"… how fitting that the Son of God would be pressed there.

Matthew tells us:

***(Matthew 26:36 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.")***

He takes Peter, James, and John a little farther into the garden with him.

***(Matthew 26:37 NIV 37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.)***

Luke adds something remarkable:

***(Luke 22:44 NIV 44 And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.)***

Luke, being a physician (Colossians 4:14), carefully records this detail, showing that our Lord was experiencing real, measurable physical effects from the weight of what He was about to endure.

It reminds us that in Gethsemane, Jesus was not merely troubled … He was in extreme agony, fully entering into human suffering as He prepared to drink the cup.

This is not calm meditation.

This is major agony.

## Why Was Jesus Troubled?

Let's go deep here.

Jesus was not afraid of Roman nails.

He was not decreasing from physical pain alone.

Many believers, even in the face of death, have lifted their voices in praise and sang songs in worship to God.

So what made the Son of God tremble?

Matthew records His words:

***(Matthew 26:39 NIV 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.")***

The key word is **cup**.

What is this cup?

## The Meaning of the Cup:

In Scripture, the cup is often a symbol.

And very often …. it represents **God's wrath.**

Look at these passages:

***Psalm 75:8 NIV*** [8] ***In the hand of the LORD is a cup***
***full of foaming wine mixed with spices;***
***he pours it out, and all the wicked of the earth***
***drink it down to its very dregs.***

## The Imagery of the Cup:

The phrase "drink it down to its very dregs" means:

- No one escapes.
- Nothing is left behind.
- The judgment is complete.

In biblical imagery, the cup in God's hand represents **divine justice stored up and ready to be poured out.**

***Isaiah 51:17 NIV*** [17] ***Awake, awake!***
***Rise up, Jerusalem,***
***you who have drunk from the hand of***

***the LORD***
***the cup of his wrath,***
***you who have drained to its dregs***
***the goblet that makes people stagger.***

***Jeremiah 25:15 NIV[15] This is what the LORD, the God of Israel, said to me: "Take from my hand this cup filled with the wine of my wrath and make all the nations to whom I send you drink it.***

The cup is judgment.

The cup is wrath.

The cup is divine justice poured out against sin.

## What Was in Jesus' Cup?

It was not just suffering.

It was not just crucifixion.

It was **the full weight of humanity's sin.**

Paul later writes:

***2 Corinthians 5:21 NIV[21] God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.***

Peter says:

***1 Peter 2:24 NIV[24] "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."***

In Gethsemane, Jesus begins to taste what is coming.

The Son of God, who had never been separated from the Father, was about to bear the weight of our sins.

***Habakkuk 1:13 NIV*** [13] ***Your eyes are too pure to look on evil;***
***you cannot tolerate wrongdoing.***
***Why then do you tolerate the treacherous?***
***Why are you silent while the wicked***
***swallow up those more righteous than themselves?***

Yet Jesus will stand in the place of evil.

The cup contains:

- The guilt of every lie
- Every act of lust
- Every murder
- Every betrayal
- Every hidden sin
- Every blasphemy
- Every failure

From Adam to the final person born.

All poured into one cup.

And Jesus says, ***"If it is possible…"***

**The Mystery of the Trinity in the Garden:**

This moment shows us something deep.

The Son is not rebelling.

He is expressing genuine human pain.

He is fully God and fully man.

In His humanity, He hesitates at becoming sin.

Yet in perfect submission He says:

***"……Yet not as I will, but as you will." (Matthew 26:39, NIV)***

There is no division in the Trinity.

There is submission within the Godhead's redemptive plan.

This was always the plan.

***Revelation 13:8 NIV*** speaks of the Lamb ***"…..slain from the creation of the world."***

But now the hour has come.

**The Crushing Begins:**

Remember the name Gethsemane ….olive press.

The pressure is increasing.

Luke tells us His sweat was like drops of blood.

Medical science recognizes a rare condition called hematidrosis 👉 **hee-MAT-ih-DROH-sis** ….this is extreme stress causing capillaries to rupture.

The weight was unbearable.

And yet…

He does not run.

He does not call down angels.

He does not escape.

He chooses obedience.

**The Sleeping Disciples:**

Three times He returns.

Three times James, John, and Peter are asleep.

***(Matthew 26:41 NIV[41] "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.")***

While Jesus wrestles in prayer, they drift into weakness.

👉 If we are honest that describes all of us?

When the battle is spiritual, we grow dull.

When the hour is crucial, we grow tired.

But Jesus stands firm.

## The Final Surrender

After the third prayer, something changes.

Jesus says….***"Rise! Let us go! Here comes my betrayer!" (Matthew 26:46 NIV)***

The struggle is settled.

The cup will not pass.

He will drink it.

## The Cup He Drank:

At the cross, we see the cup poured out.

Darkness falls for three hours ***(Matthew 27:45 NIV [45] From noon until three in the afternoon darkness came over all the land.).***

Then Jesus cries:

***"….My God, my God, why have you forsaken me?" (Matthew 27:46, NIV)***

That is the cup.

Separation.

Wrath.

Judgment.

The fellowship that Jesus our Lord had eternally known is darkened as He bears sin.

***Isaiah 53:10 NIV says: [10] Yet it was the LORD's will to crush him and cause him to suffer,***
***and though the LORD makes his life an offering for sin,***

***he will see his offspring and prolong his days,***
***and the will of the LORD will prosper in his hand.***

Look again….

***"Yet it was the Lord's will to crush him…"***

Crushed for us.

Pressed in the garden.

Pierced at the cross.

**He Drank It Fully:**

Jesus did not sip the cup.

He drained it.

When He says:

***"It is finished." (John 19:30 NIV)***

The cup is empty.

There is no wrath left for those who are in Christ.

***Romans 8:1*** NIV declares:

***"Therefore, there is now no condemnation for those who are in Christ Jesus."***

Why?

Because He drank your judgement.

**What This Means for Us:**

1. **Salvation Is Costly**
   It cost the Son of God suffering beyond words.
2. **Sin Is Serious**
   If there had been another way, the Father would have provided it.
3. **Obedience Matters**
   Jesus shows us surrender in the hardest moment.

**God Understands Your Suffering…**
***Hebrews 4:15 NIV [15] For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.***

He knows agony.

He knows fear.

He knows betrayal.

## Salvation Invitation

Maybe you're listening today and you've never received Jesus.

The cup He drank …. He drank for you.

You deserve the cup of wrath.

So do I.

But He stepped forward.

If you reject Him, you drink your own cup.

If you receive Him, He has already drink your cup for you.

Jesus said:

***"….Whoever comes to me I will never drive away." (John 6:37 NIV)***

You can come today.

Repent of your sin.

Believe that Jesus died for you.

Trust that He rose again.

Call upon His name.

**Let us pray:**

**"Lord Jesus, I know I am a sinner. I believe You died in my place. Thank You for drinking the cup I deserved. Forgive me. Come into my life. Be my Lord and Savior. I surrender to You. Amen."**

If you prayed that sincerely, Scripture says you are saved.

## Closing Prayer

**Father God, thank You for sending Your Son Jesus. Thank You that in the Garden He said yes to the cross. Thank You that the cup of wrath was poured out on Him so it would not be poured out on us. Strengthen us. Help us surrender like Jesus did. And may we never take lightly what it cost. We praise You and love You. In Jesus' name, amen.**