

# IMPACT

**I** **M**ust **P**ersonally **A**cknowledge **C**hrist **T**oday  
Trust in the LORD with all your heart, And lean not on your own under-  
standing; *in all your ways acknowledge Him* and He shall direct your path.  
Proverbs 3:5-6

**Passage:** Hebrews 5:7-9 “Who, in the days of His flesh, when He had offered up prayers and supplications, *with vehement cries and tears to Him who was able to save Him from (out of) death, and was heard because of His godly fear, though He was a Son, yet He learned obedience by the things which He suffered. And having been perfected, He became the author of eternal salvation to all who obey Him....”*

**Quote:** “Can we follow the Savior far who have no wound or scar?” (Unknown)

**T**he past two IMPACT devotionals have addressed affliction and adversity. There is a third aspect of dealing with painful experiences that can offer encouragement to those who are suffering emotional anguish. It cannot be denied that Jesus suffered anguish like no other person. He is the ultimate example of how to deal with torment of soul. For us, soul-deep pain might come in the form of losing a loved one to death, or facing incurable physical illness, or being grieved over disastrous choices of someone dear to us. We can find comfort from the “Father of mercies and God of all comfort” when we meditate upon the emotional journey of Jesus during the final days in his life on earth.<sup>1</sup>

As we consider how Jesus handled anguish, it is critical for us to acknowledge that God did not remove the circumstances that brought about His turmoil of soul. God supplied the strength to endure the emotional agony of Gethsemane, the physical agony of Gabbatha and the spiritual agony of Golgotha so that Christ could fulfill God’s will—the salvation of His people from their sins.<sup>2</sup> We begin viewing the climax of Christ’s journey with His instruction to his disciples.<sup>2</sup> “Then He took the twelve aside and said to them, ‘Behold, we are going up to Jerusalem, and *all things that are written by the prophets concerning the Son of Man will be accomplished*. For He will be delivered to the Gentiles and will be mocked and insulted and spit upon. They will scourge Him and kill Him. And the third day He will rise again.”<sup>3</sup> Later Jesus would say to them, “Now My soul is *troubled*, and what shall I say? ‘Father, save Me from this hour’? But *for this purpose I came to this hour*.

Father glorify Your name.’ Then a voice came from heaven, saying, ‘I have both glorified it and *will glorify it again*.’”<sup>4</sup> Upon entering Gethsemane, “He took with Him Peter and the two sons of Zebedee, and He began to be *sorrowful* and deeply distressed. Then He said to them, ‘My soul is *exceedingly sorrowful, even to death*. Stay here and watch with Me.’ He went a little farther and fell on His face, and prayed, saying, ‘O My Father, if it is possible, *let this cup pass from Me; nevertheless, not as I will, but as You will*.’”<sup>5</sup> Christ prayed these words three times. In Luke’s account, an angel strengthened Christ *followed by* “And being *in agony*, He prayed *more earnestly*. THEN His sweat became like great drops of blood falling down to the ground.” Agony signifies “a struggle or anguish.” So great was the Savior’s anguish of soul that He suffered “a condition in which tiny blood vessels in the sweat glands rupture under great emotional duress and produce a mixture of sweat and blood.”<sup>6</sup>

## God’s A Honor Roll, Anguish

*A vital lesson that we must learn from Christ’s emotional journey to Calvary is this: our response during the anguish of our own “Gethsemanes” must be “Father, if it is possible, let this ‘cup’ pass from Me; nevertheless, not as I will, but as You will.” While He suffered the depths of human anguish, Christ bowed the knee to the sovereign script of the Father. Our text speaks of Christ’s godly fear causing His prayers to be heard and answered! The answer He received was the strength to drain the cup of God’s wrath and to “save His people from their sin!” “Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet *without sin*. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”<sup>7</sup> The result of supplication and submission is that God’s peace WILL guard our hearts and minds against succumbing to anguish as we bow the knee.<sup>8</sup>*

<sup>1</sup> II Cor.1:2-5   <sup>2</sup> Matt.1:21-23   <sup>3</sup> Luke 18:31-33   <sup>4</sup> John 12:27-28   <sup>5</sup> Matt.26:37-39   <sup>6</sup> Hematohidrosis   <sup>7</sup> Heb.4:14-16   <sup>8</sup> Phil.4:6-7