

GETSEMANI

INSTRUCTIONS:

READ LUKE 22:39-53. IMAGINE YOU ARE WITH JESUS IN THE GARDEN.

LESSON:

Yesterday Jesus shared his last supper with the disciples. Now He goes to a garden called Gethsemane, which means “oil press,” to pray and prepare for what was to come. Jesus had lots of anguish. Other scriptures say that He experienced deep sadness until death. Here we can see how human Jesus was. He felt all the emotions that all of us have felt. He did not hide them, on the contrary he knew exactly what to do with them, give them to the Father God. He understood that only in this way could he be strengthened in his spirit. These days many seek to heal or calm their emotions with medications, therapies, psychologists, drugs, friends, women, alcohol and others even with want to die. They don't know what to do when they are in anguish and deep sadness. Jesus, in this passage, shows us the correct way to find relief from such intense emotions. He knew how important it is to surround oneself with people who have the same faith and to go to the Heavenly Father. With this He was recognizing that it was impossible to remain in his own strength, he needed the impulse, the energy of the Holy Spirit. For this reason, He poured out himself before the Father. Despite what he felt, and knowing all the suffering that would come, he decided, out of love for Him and for us, to do God's will. Seeing this God the Father, in his immense love, sent an angel to strengthen him in the fulfillment of his mission. As we can see, sometimes we will not be able to escape from suffering and the tests or challenges that life presents, but what we do know is that God will always be with us because He has promised it and therefore He will strengthen us in any circumstance. Let us remember the name of the garden Gethsemane, represented “the oil press.” for which Jesus was going to be processed in order to bring us healing and take us back to the Father as children. However, the disciples whom Jesus had called, instead of staying awake in prayer, fell asleep. Can you imagine how frustrating that must have been? Jesus was not only thinking about the fate that would befall Him, but about the challenge that His disciples would face. For this reason He asked them to remain in prayer so that they would not fall into temptation, since the darkness itself was going to surround everything. However, Jesus, with the help of the Holy Spirit, even overcame the weakness of those who followed him, the betrayal of a friend, the lies, his enemies, the silence of many, etc. That is why today He is asking us to follow his example. Imagine right now that you are camping that night with Jesus. Watch and pray that you do not enter into temptation. Have some time alone to hand over your burdens to God. Then come all together and finish praying, asking that God do his perfect will no matter the circumstances or feelings we may face.

QUESTIONS:

- WHY DID JESUS GO TO THE MOUNTAIN ALONE TO PRAY?
- WHAT DID HIS DISCIPLES HAVE TO DO?
- WHAT DID JESUS ASK FROM GOD?

ACTIVITY:

CAMPING TIME AT HOME AND A CAMPFIRE TO REFLECT WHAT HAPPENED IN GETSEMANI.

MATERIALS:

MASMELOS, GRAM CRACKERS, HERSHEY CHOCOLATE, STICKS, FIRE, WOOD AND A PLACE TO MAKE A CAMPFIRE.

WEDNESDAY

