

Introduction:

This week we get a backstage pass into the mind of our Lord as we see how he handles the toughest trial of his life. You can find this week's sermon notes [here](#)¹ and listen to the sermon by clicking [here](#).²

Scripture:

Please turn to Mark 14:32-42 in your Bible [or click here](#).

So What?

How are you going to stand strong in the face of the trials and temptations in your life? Are you trying to be strong enough to handle the burden alone? Are you hiding your feelings and just pushing through?

God wants us to be free from the burden of self-sufficiency. You don't have to face life alone. It is normal to feel strained from trials. We don't have to hide our struggles. We can, and should, confide in other believers. God is calling us to cast our anxiety on him because he cares for us.

Jesus' greatest trial was also his greatest moment of temptation. He knew this was a spiritual battle because he was spiritually alert, so he faced the trial with prayer. He also knew that his disciples were in a time of temptation and that they would soon face trials, so he called them to "Watch and pray that [they] may not enter into temptation. The spirit indeed is willing, but the flesh is weak." We too want to be spiritually alert, and to pray so that we can stand strong in the midst of trials and temptations.

What Now?

1) Be spiritually alert:

- Take stock of what is going on around you, in your life, and in the lives of those closest to you. Consider getting and praying over the church's prayer sheet. You can also pray through the list of names in the church directory; it's full of people who want prayer!
- Seek out support from friends and loved ones, especially those who are in the Body of Christ. Letting people pray for you not only helps you but it also helps them to grow spiritually.
- Acknowledge your feelings; don't ignore or suppress them. Don't let your emotions rule over you. Let them drive you to prayer, not to temptation.

2) Submit to God through prayer.

- Be open and honest with God about your anxieties and fears.
- Be willing to accept the Lord's will even if it is different from your own.
- Know that if God does not remove the trial from you, that he is able to help you stand strong in the midst of it.

3) How well do you know the word of God? It contains God's revelation of himself and his will for our lives. Memorizing scripture helps us have the truth in our minds when faced with the enemy's lies. Begin by learning [Mark 14:38](#).

¹ [https://dl.dropboxusercontent.com/u/21706204/Mark 14 32-40 bulletin insert.docx](https://dl.dropboxusercontent.com/u/21706204/Mark%2014%2032-40%20bulletin%20insert.docx)

² firstcentralbaptist.com/sermons/gospelofmark.html

When we turn to God in prayer, he helps us see things from his perspective, and suddenly we can trust that he is moving even when we can't see exactly what he is doing.



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