

# THE WAY OF THE CROSS



Life Group  
Discussion  
Guide

Week 5

3/22/2026

Teaching Summary: In the Garden of Gethsemane, Jesus models what true surrender looks like. Not as weakness or resignation, but as an honest, agonizing wrestling with the Father that leads to trust. While the disciples fail the “pressing” of the moment by falling asleep, Jesus enters fully into it, bringing both his desire “take this cup from me” and his obedience “yet not what I will, but what you will” before God. This moment reveals that surrender begins in relationship “Abba, Father”, moves through honesty, and ends in trust. The “cup” represents not just suffering, but the full weight of sin and separation that Jesus will bear for the world. Unlike the disciples, who cling to comfort, Jesus submits his will in alignment with the Father’s redemptive plan. His surrender doesn’t change his circumstances, but it strengthens him to face them with confidence, trusting that resurrection is on the other side.

Conversation Starter: What’s something small in your life that you like to keep very in control (schedule, routines, systems, etc.) and why do you think that matters to you?

Prayer: Father,

We come before you with open hands.

Meet us in our honesty, and teach us what it means to trust you.

Quiet our hearts and lead us into your truth today.

Amen.

Read Scripture together: Mark 14:32–42

## 3-Question Study Method

Use this method to understand the passage.

1. What is the passage about?
2. What do I learn about God?
3. What is the lesson I learn that I can apply to my life?

Discussion Questions:

1. What stands out to you about Jesus' posture and prayer in Gethsemane? What feels most human about this moment?
2. The disciples fall asleep while Jesus wrestles in prayer. Where do you see yourself more? Leaning into God in hard moments, or checking out/avoiding them?
3. The sermon emphasized that surrender begins with relationship "Abba, Father". How does your view of God affect your ability to trust and surrender to Him?
4. Jesus is honest before he is obedient "take this cup... yet not my will...". Why do you think honesty with God is such an important step in surrender?
5. What is something in your life right now that feels like a cup you don't want to carry?
6. The sermon described surrender as active, not passive. What might it look like for you to actively surrender that situation to God this week?
7. Jesus' surrender didn't change his circumstances. It changed how he faced them. How do we learn to trust God even when outcomes don't change the way we want?
8. Deeper Dive (optional) Jesus submits his will to the Father, not by eliminating his desire, but by aligning it. What does this teach us about the relationship between human will and God's will in the life of a believer?

Memory Verse: "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." Mark 14:36

Closing Prayer: Father,  
You are good and trustworthy.  
Give us courage to bring you our honest prayers  
and faith to say, "Your will be done."  
Walk with us this week as we learn to surrender.  
Amen.