



# THE WAY OF THE CROSS

WEEK 4 — DAY 1

Luke 22: 39–40

## Devotional

Jesus goes to the Mount of Olives “as usual.” That phrase matters.

Even on the night He would be betrayed... arrested... abandoned... Jesus kept His rhythm of prayer. While the disciples spiraled into confusion, Jesus anchored Himself in communion with the Father.

The place where you go “as usual” will determine who you become under pressure. Some of us go to Netflix as usual. Some of us go to social media drama as usual. Some of us go to junk food, panic, or avoidance as usual.

Jesus went to prayer.

He tells His disciples, “Pray that you will not fall into temptation.”

Not: “Pray you won’t be betrayed.”

Not: “Pray the Romans chill out.”

He tells them to pray so they won’t collapse internally.

Temptation always increases when pressure increases. Jesus isn’t just giving advice. He’s showing them—and us—how to survive what’s coming.

## Theological Insight

Jesus models steadfast obedience. His “usual place” fulfills His role as the obedient Son (Hebrews 5:7–9).

## Reflection Questions

1. What is your “as usual”?
2. How can you make prayer a consistent rhythm, not a crisis reaction?
3. Where do you feel pressure right now that needs prayer instead of panic?

## Application Step

Choose a specific time today to pause and pray—even for five minutes.

## Prayer

Lord, make prayer my natural place, not my last resort. Strengthen me for what’s ahead. Amen.



# THE WAY OF THE CROSS

WEEK 4 — DAY 2

Luke 22: 41–42

## Devotional

Jesus withdraws from the disciples, kneels down, and prays: “Father, if You are willing, take this cup from Me; yet not My will, but Yours be done.”

This is one of the most honest prayers in Scripture. **Jesus is fully God, but He is also fully human**—and the weight of the cross is crushing His humanity. The “cup” represents the wrath of God poured out on sin. It is spiritual poison... and Jesus willingly drinks it in our place.

Notice the tension in His prayer:

“If You are willing...”

There is honesty about desire.

“Yet not My will...”

There is surrender of desire.

Following Jesus requires both.

If Jesus Himself brought His desire to the Father, you can stop pretending everything is fine when it's not.

If Jesus surrendered His desire to the Father, you can stop pretending surrender is optional.

## Theological Insight

Jesus models steadfast obedience. His “usual place” fulfills His role as the obedient Son (Hebrews 5:7–9).

## Reflection Questions

1. What “cup” are you begging God to take from you?
2. Where does your desire clash with God's will?
3. What would surrender look like in this situation?

## Application Step

Pray honestly and surrender intentionally: write one sentence of truth, and one sentence of surrender.

## Prayer

Father, here is what I want... and here is my willingness to trust You above all. Amen.



# THE WAY OF THE CROSS

WEEK 4 — DAY 3

Luke 22: 43–44

## Devotional

As Jesus prays, an angel appears and strengthens Him.

### Even Jesus needed strength.

Let that sink in.

If the Son of God needed supernatural strength to endure His calling, why do we think we can handle ours in our own power?

Then Scripture says Jesus was in such anguish that His sweat became “like drops of blood.”

Science calls this hematidrosis—a rare condition triggered by extreme stress.

Translation:

Jesus wasn’t exaggerating.

He wasn’t “calmly accepting His fate.” He was under pressure so intense it broke His body open.

You need to know this:

Your Savior does not shame you for being overwhelmed. He understands it. He has felt it. He meets you in it.

## Theological Insight

Jesus’ agony validates His full humanity and deepens the significance of His willing obedience. Hebrews 4:15 becomes real: He sympathizes with our weaknesses.

## Reflection Questions

1. Where do you feel emotionally or spiritually overwhelmed?
2. Do you ask God for strength—or try to power through?
3. How does knowing Jesus felt anguish change the way you see Him?

## Application Step

Ask God for strength in one specific area of weakness today.

## Prayer

Lord, meet me in my weakness. Strengthen me the way You strengthened Your Son. Amen.



# THE WAY OF THE CROSS

WEEK 4 — DAY 4

Luke 22:45–46

## Devotional

Jesus finishes praying and finds the disciples sleeping.

He's sweating blood, and they're snoring like they just finished Thanksgiving dinner.

Why did they fall asleep?

Luke says it was "because of sorrow."

Grief. Confusion. Emotional overload.

Sometimes people check out not because they don't care... but because caring too much hurts.

Jesus wakes them gently (way kinder than some of us would) and says, "Why are you sleeping? Get up and pray so that you will not fall into temptation."

He's not frustrated—they're fragile.

And He knows that in the next few hours, they'll face spiritual warfare they are absolutely not ready for.

Prayer isn't preparation for battle.

Prayer is the battle.

## Theological Insight

The disciples' weakness fulfills Jesus' earlier prediction (Luke 22:31–34). Prayer is the antidote to spiritual collapse.

## Reflection Questions

1. When do you emotionally "check out" instead of praying?
2. What sorrow is making you spiritually sleepy?
3. What temptation do you need to guard against?

## Application Step

Set a 3-minute timer today and pray specifically for strength to remain spiritually awake.

## Prayer

Jesus, wake me up. Strengthen my spirit where sorrow has made me tired. Amen.



# THE WAY OF THE CROSS

WEEK 4 — DAY 5

Matthew 26:47–50

## Devotional

Judas approaches Jesus with a kiss—the universal sign of affection—yet it’s a weapon in his hand.

Betrayal often comes disguised as affection.

But look at Jesus’ response:

“Friend, do what you came for.”

### **Friend.**

He calls the man who betrays Him... “friend.”

Jesus refuses to let someone else’s sin rewrite His identity or derail His purpose.

You cannot let betrayal define you.

You cannot let wounds turn into walls.

And you cannot let the failure of others freeze your obedience.

Jesus walked into His calling with betrayal at His back and resolve in His spirit.

*So can you.*

## Theological Insight

Jesus’ calm acceptance reflects His sovereignty. Even betrayal plays a role in fulfilling the divine plan (Acts 2:23).

## Reflection Questions

1. Who has betrayed or disappointed you recently?
2. How have you let that pain define your attitude or actions?
3. What does it look like to move forward with grace and strength?

## Application Step

Pray for the person who wounded you—genuinely.

## Prayer

Lord, heal my heart where betrayal has touched it. Give me the strength to follow Your example. Amen.