

March Devos
Struggling in the Garden
Week of March 22, 2026

Easter is approaching. Weekly devotions are provided during March to help us draw closer to Jesus as we walk with Him through His suffering.

- These devos are designed to be used with family, friends & groups. Always better together.
- You will find a link to weekly devos on the NH App and website.
- Please consider periodic food-fasts throughout the month as a way to devote yourself to Jesus. ([See Pastor Mark's fasting video.](#))

THIS WEEK'S SCRIPTURE READING

After the Last Supper, Jesus and His disciples departed to one of Jesus' favorite spots for prayer—the Garden of Gethsemane, overlooking Jerusalem and the temple. But the disciples had never seen Jesus pray like this before...

Mark 14:32–42 “Jesus and His disciples went to a place called the Garden of Gethsemane, and Jesus said to them, ‘Sit here while I pray.’ He took Peter, James and John along with Him, and He began to be deeply distressed and troubled. ‘My soul is overwhelmed with sorrow to the point of death,’ He said to them. ‘Stay here and keep watch.’ Going a little farther, He fell to the ground and prayed that if possible the hour might pass from Him. ‘Abba, Father,’ He said, ‘everything is possible for You. Take this cup from Me. Yet not what I will, but what You will.’ Then He returned to His disciples and found them sleeping. ‘Simon,’ He said to Peter, ‘are you asleep? Could you not keep watch for one hour? Watch and pray so you will not fall into temptation. The spirit is willing, but the body is weak.’ Once more He went away and prayed the same thing. When He came back, He again found them sleeping, because their eyes were heavy. They did not know what to say to Him. Returning the third time, He said to them, ‘Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is betrayed into the hands of sinners. Rise! Let us go! Here comes My betrayer!’”

FOR REFLECTION & DISCUSSION

- 1. Jesus confides in Peter, James and John by telling them, “My soul is overwhelmed with sorrow to the point of death.”**
 - What “sorrows” is Jesus carrying? What does “overwhelmed to the point of death” suggest about Jesus’ Human nature?
 - What’s an example of times you’ve been “overwhelmed with sorrow?” How has confiding in others been helpful in your struggles?
- 2. Jesus calls His disciples to “Watch and pray so you won’t fall into temptation.”**
 - What temptations might Jesus’ disciples be facing as Jesus suffers and is crucified? In what ways might we suffer similar temptations?
 - Jesus is calling His disciples to stay alert spiritually. What spiritual perspective does Jesus want us to perceive as He suffers?
- 3. As Jesus prayed, “Father, take this cup from Me,” scholars believe He was speaking of the “cup of God’s judgment.” (Isaiah 51:17)**
 - How are we to understand God’s “judgement?” How do you reconcile God’s love with His judgement?
 - How does Jesus’ willingness to drink the “cup of God’s judgement” help us understand what He suffered on our behalf?
- 4. Jesus promised His Heavenly Father, “Not what I will, but what You will.”**
 - What is “God’s will” for Jesus in this moment? What do we learn about Jesus as He wrestles with being obedient to God?
 - How might Jesus’ demonstration have affected His disciples? What are examples of your obedience to God’s will instead of your own?
- 5. Jesus awakened His disciples with His admonition: “Pray so you will not fall into temptation. The spirit is willing. but the body is weak.”**
 - In what ways can you relate to having a “willing spirit,” but struggle with personal weakness?
 - Jesus offers an antidote to temptation: Prayer. What are your experiences of finding victory over temptation as you pray?
- 6. As Jesus continued to pray, He continued to return and find His disciples sleeping.**
 - The Bible says, “The disciples didn’t know what to say to Him.” How might you relate to what the disciples experienced in this moment?
 - What is Jesus’ response to you when you fall to temptation or fail to be obedient?
- 7. Soon, Judas and a mob approached to arrest Jesus. What do you make of Jesus’ words to His disciples? How do His words speak to us?**
 - “The hour has come. The Son of Man is betrayed into the hands of sinners.”
 - “Rise! Let us go! Here comes My betrayer.”

CLOSING PRAYER

Lord Jesus, it’s our honor to walk with You as Your sufferer on our behalf. Thank You for Your selfless obedience to our Heavenly Father. Thank You for Your kindness and mercy to Your disciples. Thank You for Your willingness to bear our sin and sorrow as You approach Your cross. We confess our weakness, disobedience and self-centeredness. Thank You for Your continuing work to change our hearts and make us more like You. Amen.