



When You Feel Crushed Mark 14:32-42

How can we prepare for times of crushing in our spirit?

⇒ **Jesus sought support from his _____ — 14:32-34**

⇒ **Jesus _____ and it helped him to see the way of God clearly — 14:35-38**

⇒ **Preparation for spiritual battle is _____; it's too late to prepare once the crushing starts — 14:39-42**

Prayer is key to staying spiritually alert.

— Garden of Gethsemane. <http://www.land-of-the-bible.com/content/garden-gethsemane>

— Garden of Gethsemane, FaithND—University of Notre Dame. <http://faith.nd.edu/s/1210/faith/interior.aspx?sid=1210&gid=609&pgid=35520>

The Garden of Gethsemane

In the Hebrew/Aramaic language, the word “Gethsemane” means “oil press.” Apparently, at one time, there was a press in the vicinity where olives were crushed for their oil. Sitting at the foot of the Mount of Olives, within the grounds of the Church of all Nations, the tranquil garden has magnificent ancient olive trees that are dated back to approximately 2,000 years ago, still producing olives today. There is debate about the exact age of the olive trees and to whether this was the properly named spot where Jesus prayed. Without a doubt, the amazing trees are offshoots from the same ones that Jesus prayed next to.

In the ancient process of producing olive oil, olives were gathered into tightly woven baskets and pressed three times—the husks of the olives remained in the basket and the oil seeped out. In the story of Jesus’ agony in the garden, he also prays three times, and his anxiety caused him to sweat blood. The details call to mind the prophet Isaiah: “But he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed” (53:5).

How appropriate that Jesus would go to this place of tranquility and fragrance as he experienced the crush of the spiritual battle unfolding against him. Mark 14:26, 32 says, *When they had sung a hymn, they went out to the Mount of Olives. ...They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.*

