

# LENT

Week 2 | February 28 Sermon

The Cup | Matthew 26:36-46

## Community:

*These questions are designed to help your groupies take one next step in being real with each other. Choose for the group, let each person choose a question, or cut them out, put them in a bowl & draw them out at random! However you use them, they'll definitely help you learn things about each other you didn't know.*

Are you a hugger or a non-hugger? Why?

Are you more of a rule breaker or a ruler keeper? Why?

How much of a bargain hunter are you? Explain.

If you had to change your first name, what name would you choose?

If you were able to listen to only one music album ever again, what would it be and why?

If you could relive any year of your life, what year would you choose? Why?

Do you think the general population is better off or worse off that it was fifty years ago? Why?

## Overarching Lent Questions:

What distractions will I reduce or remove from my life in order to heartfully, soulfully, and mindfully journey with Jesus to the cross in this Lenten season?

What specific steps/actions will I take to heartfully, soulfully, and mindfully journey with Jesus to the cross each day of this Lenten season?

How will I "deny myself and take up my cross" to follow Jesus to the cross this Lenten season?

## Sanctuary Discussion Questions (Kathy Haug):

How does your understanding of "the cup" now impact your understanding of Jesus's statement, "My soul is overwhelmed with sorrow to the point of death"?

As you have journeyed, ascending and descending with Jesus this week, share a word or two with your group to describe your feelings. Here's a link to a helpful tool for describing emotions.

What questions are emerging for you about God's nature that you need to name? Take time together to bring those to God in prayer, but to also let gratitude and awe rise up for the brave and lavish love of Jesus we see demonstrated.

## Auditorium Discussion Questions (Brett Wiersma):

In what ways does the operation of an olive press – a gethsemane – symbolize the pressure Jesus experienced that night as he prayed and waited, feeling the weight of the sins of all humanity and knowing that the death angel would not pass over him?

At one time or another, many of us face seemingly impossible – even terrifying – situations in which we must choose to press on toward accomplishing our objective or to abandon our mission and take a different path. When you face such extreme situations, what motivates you to press on? And what do you trust to help you get through risky or frightening situations? What would you do if you knew you were on your own and there would be no help?

Do the difficult things you are experiencing ever make you question the Father's love, care or trustworthiness?