



PART 3: NOPE

Sermon Notes

Text: Mark 14:32-41; Romans 6:14; Heb. 4:14-16

Introduction: Llamas, Spiders & Biology

Fight or Flight response = “Nope response”

We all have things that make us go “nope”. We all encounter situations where we feel the urge to either run or fight. Sometimes it’s a little ridiculous like a fear of spiders. Sometimes it can be far more serious. As humans we also have a third option that is not natural at all. Stand and face our fears.

In his humanity, Jesus also experienced a life threatening situation where it would have been way more natural to either run or fight in the interest of self-preservation. At the garden of Gethsemane on the night he was betrayed Jesus was ready to step away from the cross.

Mark 14:32-41

This passage is heavy. But so powerful. It changes everything. This passage gives us an intimate understanding of the nature of Jesus and the heart of the Father.

1. Jesus’ Humanity

The Gethsemane account gives us the clearest picture of Jesus’ humanity in the Bible. His grief and pleading prayer to the Father for

deliverance show that Jesus really was human. Yes, he was fully God, but he was also fully man. He wasn’t any more excited about being crucified than you or I would be. He felt the same resistance that you or I would have felt. It was not any easy decision that Jesus made when he prayed “not my will but yours”.

Hebrews 4:14-16 – Jesus understands and sympathizes with our weakness to temptation

2. Jesus’ Relationship

This passage not only gives us inside perspective on Jesus’ humanity but also on his relationship with the Father. His prayer wasn’t to an impersonal God or a cosmic force, but to his Father. The only person left that he could talk to in that moment. It is this kind of relationship that Jesus died for us to have.

Obedience to the Father will often mean saying “no” to our natural desires. Quite often we are not tempted by the devil or demons, but by our own fallen nature.

3. God’s Justice

Jesus’ prayer “let this cup pass from me.” Refers clearly to God’s wrath. The term “cup” was used to describe the wrath of God multiple times in the Old Testament. (i.e. Isaiah 51:17 & Jeremiah 25:15)

Jesus died to save us from sin & that changes everything.

Romans 6:14 “For sin will have no dominion over you, since you are not under law but under grace.”

4. God’s Love

The final character of God’s nature is his love. His love for us. For you, for me. It is displayed so beautifully in this passage. The Father’s non-response to Jesus allowing a way out shows that he will stop at nothing to have a relationship with us, with you. The willingness to offer up his own Son so that we might live. In the words of John Piper, “That is crazy, out of this world, mega love.”

Life Group Discussion

1. What is your “Nope”? (i.e. spiders, heights, etc.)
2. What is one take away from the message this past Sunday?
3. Read Mark 14:32-41. Where can you see attributes of God’s nature? (You can cross reference with Mt. 25:36-46; Lk. 22:39-46; Jn. 18:1-2 for a broader perspective)
 - His humanity?
 - His relationship/obedience to the Father?
 - His justice?
 - His love?
4. Read Hebrews 4:14-16. What stand out to you in this passage?
 - What is the significance of a “High Priest” who can be compassionate with our weakness?
 - Why are we told to come “boldly” to God?
5. Read Romans 6:1-14
 - What stands out to you in this text?
 - What does it mean when it says “sin will have no dominion over you” since we obviously still sin?
 - How can we practically apply this truth to our lives?
6. How can we allow God to change us from the inside out? (Treating the disease and not the symptoms)
7. Pray together
 - a) Thank God for saving us from sin
 - b) Pray that God would change us from the inside out.
 - c) Pray that he wouldn’t “lead us into temptation”
 - d) Pray that we would grow in relationship and obedience with the Father
 - e) Other requests:
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