

Follow – Walking in the Way of Jesus

Spirit is Willing. Flesh is Weak

Mark 14:32-52

Pastor Ben Hall – Saanich Baptist Church

March 8th, 2026



Review: When believers take communion, they are not renewing their promise to God. They are remembering God's fulfilled promise to them.

Mark 14:32-52 — Jesus Prays in the Garden, is Arrested, then Abandoned.

- This reveals that Jesus willingly submits to the Father's will to drink the cup of judgment ALONE, fulfilling Scripture, while every human promise collapses under pressure.
- It portrays the decisive moment in which Jesus, fully aware of the divine judgment he must bear, VOLUNTARILY submits to the Father's will, drinks the cup of covenant wrath, fulfills Scripture, and stands ALONE in obedient faithfulness while every human promise collapses.

The Prayer (vv.35–36) – Instead of STRATEGIZING or giving into COPING or CONTROL mechanisms, Jesus turns to prayer.

1. Address: **“Abba, Father”** – This Prayer comes from an awareness of IDENTITY. It is not simply a prayer to escape circumstances.
2. Acknowledgment of divine sovereignty: **“All things are possible for you”** – This prayer carries with it a belief in who God is and what God can do.
3. Petition: **“Take this cup away from me”** – Honesty in prayer is critical. He is able to be honest because He is assured of love.
4. Submission: **“Yet not what I will, but what you will”** – Surrender personal desire to God's will by faith.

“The spirit is willing, but the flesh is weak” — **“Spirit”** refers to the human spirit, not the Holy Spirit. **“Flesh”** means human weakness, not necessarily sinful rebellion.

Prayer, not STRATEGY, is the RESPONSE to weakness. SELF-AWARENESS becomes an act of spiritual illumination. It exposes the gap between our intentions and our capacity. It reveals the places where our confidence in ourselves must give way to reliance on God.

- INTENTIONS – Are my desires aligned?
- CAPACITY – Is my ability understood?

ASSESSING: Intention & Capacity

- INTENTION - Do I genuinely desire to follow Jesus, or do I mainly wish the situation would resolve itself without requiring change from me?
- CAPACITY - Where do my good intentions consistently outrun my actual follow-through or strength?

Prayer is presented as the means of dependence on God in the face of human weakness.

- Come as though you are loved.
- Come believing that God is who He says He is.
- Come knowing that your intercessor understands.
- Come wrestling to surrender with the work within the Spirit over and above the flesh.

Hebrews 12:2 CSB - For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God

Date: March 8th, 2026

Series: Follow

Title: The Spirit is Willing, but the Flesh is Weak

Primary Passage: Mark 14:32-52

Secondary Passage: Hebrews 12:2

Big Question: What is the significance of Jesus' time in Gethsemane?

Big Idea: This reveals that Jesus willingly submits to the Father's will to drink the cup of judgment alone, fulfilling Scripture, while every human promise collapses under pressure.

Keywords: Remember, Forget, Abandon, Sleep, Prayer, Spirit, Flesh, Self-Awareness, Intention, Capacity.

GOING DEEPER – Life Application Questions for Individuals or Groups

What did you do this week that demonstrated a love for God?

In Mark 14:32–52, what contrasts do you notice between Jesus' response to the coming crisis and the disciples' response? What do those contrasts reveal about human weakness and Jesus' obedience? If communion is meant to remember God's fulfilled promise rather than renew our promise, how does this passage help explain why the Christian life ultimately depends on Jesus' faithfulness rather than our consistency?

Jesus said, "***The spirit is willing...***" Where in your life do you sense that your desire to follow Jesus is genuine, but perhaps not yet fully aligned with surrender to God's will?

Jesus also said, "***...but the flesh is weak.***" Where do you notice a pattern where your good intentions consistently outrun your strength, discipline, or follow-through? What might that reveal about your need for dependence on God?

In Gethsemane Jesus willingly drinks the cup alone while the disciples fail. How does knowing that Jesus remained faithful when others could not change the way you think about your own weakness or failure? You may want to reflect on Hebrews 12:2 and what it means to "fix our eyes on Jesus."

Jesus told his disciples to "watch and pray" so they would not enter temptation. What would it look like for you this week to respond to weakness with prayer rather than strategy, control, or avoidance? What specific situation could you bring honestly before God?