



# Sermon Growth Guide

**August 10, 2025**

**There is Self-Control**

**Luke 22:39-51**

**Key Verse:** Luke 22:42 “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

**Big Idea:** We see what self-control is in the way Jesus obeyed his Father in chaotic times and self-control can be ours in the power of the Holy Spirit.

---

## Foundations

At this point in the life of the disciples, things couldn't be more tumultuous. The disciples have shared a Passover meal with Jesus, commonly called the Last Supper. It has been like many family meals – arguments, confusion, conversation that changes the subject. You know this.

But this disorder has been serious. Someone will betray Jesus. The table buzzes – who will it be? Then the conversation turns to who will be the greatest. This topic seems important among disciples who have heard Jesus teach about and demonstrate a kingdom of servants. And then Jesus says that loyal Peter will deny him. How do you keep your head when things are roiling like this?

Jesus shows them. He takes them to the Mount of Olive...Gethsemane...the place where olives are crushed to make olive oil. There he instructs them to pray so that they won't enter into a struggle with temptation. Jesus then goes a little further and deeply and intensely engages in prayer.

Jesus' divinity does not obscure the suffering he is facing. He knows it and feels it and honestly asks God to cancel that part of the plan...if it is the Father's will. But he knows that suffering must happen and so he abandons his own desires and obeys the will of his Father...he controlled his desire to go his own way for our sake and for God's glory

## Understanding God's Word

Read Luke 22:45-51. Here we witness the behavior of the disciples. In spite of Jesus' instruction, they have fallen asleep. Then Peter boldly and impulsively cuts off the ear of a servant of the high priest. Describe the differences between Jesus and the disciples in this story. Also, discuss what you understand to be the connection between prayer and self-control. In what ways do you think self-control and obedience are related, especially if self-control is a fruit of the Spirit?

## Applying God's Word

Read Luke 22:39. This is a linchpin verse. It settles the chaos of the Last Supper, and it sets the stage for the coming events. The important words are “as was his custom.”. Jesus didn't start to pray because he was shocked into it. He prayed because he always prayed. How would you describe your ability to trust God in prayer during a crisis? In what ways is prayer your custom? How can it become more customary?

## Witnessing God's Word

This passage does not tell us that we can't agonize over distressing things in our lives, but it does help equip us for how we agonize. How do you think you can best “stay awake” in distress?