

WHEN COMPASSION COSTS YOU SLEEP

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Summary

This message, preached by Pastor Rohan Samuels, explores Jesus in the Garden of Gethsemane (Matthew 26:36–46) and teaches that compassion is costly—requiring surrender, prayer, spiritual friendship, and obedience. Jesus drinks the cup of wrath so we can receive grace.

1) Introduction

- Gethsemane is where Christ's compassion is revealed.
- Before the garden came the table; before surrender came betrayal.

“Not my will, but Yours be done.” — Matthew 26:39

2) Meaning of Gethsemane

- “Gethsemane” means Oil Press.
- The place of pressing becomes the place of purpose.
- Here divine purpose meets human pain.

3) When Life Presses You, Pray

- Jesus falls on His face in prayer.
- Prayer engages purpose—not escape.
- Every believer needs a Gethsemane: a place of honest surrender.

“Watch and pray that you may not enter into temptation.” — Matthew 26:41

4) Jesus' Honesty in Sorrow

- “My soul is overwhelmed with sorrow to the point of death.”
 - Jesus models holy vulnerability.
 - Faith directs emotion toward God.
 - Church must be a place where people name pain without shame.
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5) The Need for Spiritual Friends

- Jesus takes Peter, James, and John.
- Spiritual friends:
 - Recognize spiritual weight
 - Intercede when you are weak
 - Correct with love
 - Protect weaknesses
 - Care about your soul over image
- Every servant needs a circle, not an audience.

6) Wrestling With the Cup

- Jesus prays, “If it is possible, let this cup pass... yet not My will.”
- The Cup symbolizes:
 - God’s wrath
 - Judgment for sin
 - Humanity’s rebellion
 - Shame and separation
- Jesus drank the cup fully so we might drink the cup of grace.

“Shall I not drink the cup that the Father has given me?” — John 18:11

7) Compassion is Costly

- Compassion requires surrender, obedience, sacrifice.
- True compassion embraces pain because love demands it.
- Compassion may cost:
 - Sleep
 - Comfort
 - Personal plans
 - Reputation

8) Cups Believers Must Face

- A) Cup of Loving Those Who Hurt You
 - Divine compassion bleeds but blesses.
 - Jesus loves despite betrayal & denial
 - B) Cup of Hidden Obedience
 - Gethsemane had no applause—only prayer in the dark.
 - Faithfulness tested in obscurity.
 - C) Cup of Intercession
 - Jesus carries humanity's burden in prayer before the cross.
 - Intercession = holding others before God.
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9) Transformation in the Garden

- Jesus prays repeatedly.
 - He rises in authority: “Rise, let us go.”
 - Surrender produces strength.
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10) Key Themes

- Compassion costs something.
- Prayer engages purpose.
- Vulnerability is strength.
- Community is essential.
- Hidden obedience matters.
- Intercession is priesthood.

11) Practical Takeaways

- Stop performing—start praying.
- Name your pain.
- Surround yourself with spiritual friends.
- Accept cups you didn't choose.
- Stay faithful even when unseen.
- Intercede.
- Embrace costly obedience.

Main Idea:

True compassion embraces God's will, loves the undeserving, carries burdens in secret, and obeys even when it costs everything.

Conclusion

Compassion leads followers of Christ into places of surrender and obedience even when costly. Like Jesus, we walk toward pain rather than away, intercede for others, remain faithful in obscurity, and embrace the Father's will.