

Luke 22: 41-44

"And he was withdrawn from them....and prayed, Saying, Father if thou be willing, remove this cup from me: nevertheless not my will, but thine be done. And there appeared an angel unto him from heaven, strengthening him. And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground."

Matthew 26:38-42

"My soul is exceedingly sorrowful, even unto death.....And he went a little farther, and fell on his face

and prayed, saying: Oh my Father, if it be possible, let this cup pass from me; nevertheless not as I will, but as thou wilt."

Mark 14:35-36

"And he went forward a little, and fell on the ground, and prayed that, if it were possible the hour might pass from him. And he said Abba, Father, all things are possible unto thee: take away this cup from me: nevertheless not what I will, but what thou wilt."



Brought to you by Scriptural Insight, Inc.

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(For more information on this subject read Helen Glowacki's inspirational book "Satan's Gift of Fear".)

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## What We Do

Our goal is to help people understand and apply the word of God as written in the scriptures of the Holy Bible. We provide this information in a quick, easy, and exciting manner and assist others in sharing what they learn. We are a non-profit organization dedicated to providing articles, newsletters, novels, non-fiction books, study guides, mini-books, lectures, interviews, discussions and events to homes, businesses, churches, Sunday schools, orphanages, nursing homes, hospitals, hospices, prisons, detention centers, drug rehabilitation centers, universities, mission schools, day care centers, and other facilities all over the world.

We provide two websites and three Face book pages through which we describe our mission to serve God with all our heart and all our strength. We seek donations and grants to fund our work and we seek volunteers to assist us in the various venues through which we work. Our current written materials consist of 9 novels, 75 booklets, a 9 book mini-series, and 3 self help books written by Christian author Helen Glowacki. We offer these and the venues we develop free of charge to those who desire to learn and have a willingness to reach out to others.

Prior to the establishment of Scriptural Insight, Inc., Helen, sent books to the mission schools supported by the Henwood Foundation in Zambia, Africa, to the Sunday Schools of the New Apostolic Church in Lahore, Pakistan, and to various ministers, counselors and youth leaders all over the world. Helen was first in direct and personal communication with those who oversee these various venues, and then with others who sought to promote the word of God. Her very popular articles are used all over the world to bring testimony, and are often used as a part of a church service.

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## Take This Cup From Me

Our response to physical pain is easy to understand, but our response to the emotional pain that accompanies all we go through.... is just as difficult to bear.... and it is something we usually try to hide. For some reason, we feel guilty when we express emotional pain, but somehow feel less guilt admitting to physical pain. Perhaps it is because scripture tells us in Romans 8:28, "All things work together for the good of those that love the Lord, and therefore we think that we must wear a happy face regardless of how or why we suffer inside.

Those words do teach us however that children of God are aware that while Satan revels in our heartache, both physical and emotional, our Heavenly Father in His loving kindness and the righteousness under which He works, wants to turn our heartaches into a blessing. We must also understand however that because of sin, our Heavenly Father has ordained that our lives be our training ground whereby we learn how to become all that God wants in the Bride for His Son.

God allows our difficult circumstances because they can become a marker of the character development for the Bride. Nevertheless, there are times when we live through heartache or witness the heartache of those we love, that we ask ourselves privately how this promise of good from all circumstances could be possible.

Even though we believe that scripture is God's personal, accurate and irrefutable instruction, seldom do we think to ask Him to unravel the mystery attached to His words and help us recognize their miracle. We seldom tell Him that we sometimes struggle to understand how to apply His words. We suffer in silence and do not admit that inwardly we rail at what we face and then feel guilty about our private thoughts.

However, as we examine scripture, we begin to learn that we are too hard on ourselves. What scripture really says about the expression of the fear, or pain, or sorrow we experience is best understood as we examine what Christ lived through and what He felt and expressed. His reaction can become our example. Christ spoke the words, "Take away this cup from me".

This tells us that we should not feel guilty if we wish, or ask God, to change our circumstances. The love in Christ's heart and the trust He had in His Father allowed Him to submit to the sacrifice He made for us and produce the character in His soul which then caused Him to utter the words, "Nevertheless, not what I will, but what thou wilt" immediately following His first words.

This is our example and from it we can know with certainty that God allows us to express our fear and the pain we feel, and even to wish that our circumstances were different. It is not that we are judged and found lacking if we ask God to take our troubles away, but that we end up accepting God's will and doing our best to use those circumstances to prove our character. Our troubles will then become an indicator of the trust and acceptance which has grown in our heart regarding the decisions of our Heavenly Father....no matter what the circumstances are.

How we handle our troubles become, in essence, a marker of our spiritual maturity. The miracle which occurs when we adjust our thoughts and actions.... as Christ did when facing His heartrending circumstances.... is that once we submit to God's will, our heartaches become easier to bear or simply disappear.

Once Satan realizes that he cannot break our faith, nor break our trust, there is no reason for him to continue his harassment. We can therefore be released from Satan's captivity because we have

demonstrated that we are wiser and more trustworthy for having mastered the test which these circumstances brought us.

Certainly it is difficult to experience heartache. Whether it comes from the death of a child, a debilitating disease, devastating betrayal, or Then as we examine further and see Christ's words of submission, we begin to understand what this effort cost Him. We better appreciate His sacrifice and understand that what we suffer is so much less and that our suffering will benefit us personally.

Mark 14:34 tells us of the emotional pain Christ suffered: "My soul is exceedingly sorrowful unto death." Mark 14:36 tells us that when Christ prayed, He said, "Abba Father, all things are possible unto thee. Take away this cup from me, nevertheless not what I will but what thou will."

What few of us realize is that Christ later repeated this plea. Asking God a second time and a third time was indicative of how much He was suffering as he thought of what was to come. Mark 14:39 tells us, "and again He went away and prayed, and spoke the same words."

Therefore, if we are caught up in a circumstance which seems to have no end, we need not feel guilty when we ask God to let our circumstances pass.... as long as our heart truly desires that God's will be paramount. Such a response is indicative of the trust we place in God's design for our lives.

Further, by trying to be more introspective and asking ourselves if we trust that what is occurring is for our good, as scripture teaches, and if we are willing to endure our circumstances in order to develop our character, we can grow into the Bride God desires for His Son.

Once we reflect on these questions and ask our Heavenly Father to help us learn from everything

we experience, we can move with all our heart and with great sincerity from the words "Take this away" to the words, "Thy will be done". This allows God access to our hearts and the ability to create the change in us that we require.

Our character.... which is comprised of our ability to love and forgive, to have compassion and understanding, to submit to God's will, to be loyal and to trust God implicitly.... will be measured by Our suffering, and our trials and tribulations, are always for our greater good. How we handle them will be an example to those around us. How we approach adversity is a marker of our spiritual maturity. These are but a few of the blessings which God creates from our heartache and why all things work for the good of those who love the Lord.

Christ dreaded the circumstances which He was to live through. He was afraid, He found Himself without any earthly support, and without a true and loyal friend. Christ's cup was a bitter one; it was the most bitter cup of circumstances we could imagine, yet because of His love for us, He stood firm and He trusted and obeyed what His Heavenly Father ordained.

Satan threw everything he had against Christ, but Christ remained steadfast. Thus, the Bride of Christ must remain firm in her trust and obedience to God and bring her sorrow and fear to God with honesty.

It's okay to tell our Heavenly Father that we are tired, that we feel saddened by our circumstances, that we feel that we can no longer carry our cross because He understands and even feels sorrow.

But in the end, we can rest assured that God loves us. God sees our tears and carries us through all circumstances. And then, when we finally accept, He creates a blessing from them.