

When I think about Christ's anxiety of the night before His arrest, I remember times that I have many times spent a night worrying about what would happen the next day<sup>1</sup>. At those times I would not be able to sleep, as my pounding heart kept me awake.

Christ spent that night praying, being "sorrowful, even unto death<sup>2</sup>". He had some angel help, and He tried to engage His friends in His struggle, but He endured the pain of it for long hours. There was no sleep for Him during this dark night<sup>3</sup>, and I remember that He had experienced a very long day prior to that.

But when the time came for the confrontation with those who wanted to eliminate him, He was ready to go! I remember His emphatic words:

*Enough! Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!<sup>4</sup>*"

When I worry during the night, I feel incapacitated, but as soon as I get up and can begin to work the problem, I feel so much better. And I see that in the action of Christ.

Christ kept His composure through His arrest, trial, and crucifixion. He was as silent as a lamb. He made himself ready to face the unwanted activities of the day, eager to complete His mission. At the end, he victoriously claimed "It is Finished!<sup>5</sup>" His love for mankind and His purpose in saving them overpowered His anxiety about what was going to happen, so that He was able to face the day.

Like David<sup>6</sup>, Christ ran to the battle line<sup>7</sup>. David knew there would be a victory, as Christ did (although not the same kind). David beat Goliath in battle; Christ apparently "lost" the battle with Satan and died, but ultimately won the victory through His resurrection and the power of His love for us. We celebrate this great victory in our communion<sup>8</sup> with Him.

1. This is a syndrome now given the name "anticipatory anxiety".
2. Matthew 26:38, KJV
4. Matthew 26:46, NIV
3. A night without sleep was typical for a shepherd, and Jacob described in Genesis 31:40.
5. John 19:30
6. Jesus is the Davidic king, after all.
7. 1 Sam 17:48
8. "Just as the destruction of the temple seemed like the darkest moment for God's people, so did the death of God's Son. ... The darkness of the crucifixion, though, would soon give way to the light of the resurrection. What seemed like defeat would ultimately be victory." Landon Dowden