

# Jesus Falling Forward



*...For I'm trained in the secret of overcoming all things, whether in fullness or in hunger. And I find that the strength of Christ's explosive power infuses me to conquer every difficulty. —Paul. Philippians 4:12-13 [The Passion Translation].*

## *Introduction • Consideration*

**W**hat does falling forward look like in the life of a man? Is it really a thing?

*"I am bowed down and brought very low... my strength fails me..."*

*(Psalm 38:6, 10).*

*This Old Testament picture is intrinsically linked to the Words of Jesus. You remember that as Jesus is carrying his cross that it began in the Garden as He falls under the weight of it and needs help to carry it all the way to Golgotha. This is a key rhythm in The one who is fully God and is also fully man. (Mark 15:21-22).*

*And as I have just stated... Jesus had already been falling forward as this scene recalls the Garden of Gethsemane. Just before physically taking up his cross, Jesus Spiritually takes up the Cross. He feels "deeply distressed and troubled... overwhelmed with sorrow to the point of death" (Mark 14:33-34).*

*He **falls** to the ground and **wrestles in prayer** so intensely that he sweats drops of blood (Luke 22:44). He pleads that "the hour might pass from him." He cries out, "Abba, Father... Take this cup from me" (Mark 14:35-36).*

*We might think Jesus is trying to get out of going to the cross, but actually, as he has already said repeatedly, he is trying to make it to the cross!*

*(Mark 8:34; 9:31; 10:33-34; 10:45; 12:1-12; 14:8; 14:22-25. See also John.*

*12:27-28).*

## *Was Jesus just Wierd that Way?*

Hebrews 1:9 says, Jesus was anointed with the oil of gladness "more than any of His fellows." That is, He had a gladness about Him that was unparalleled in any other person. Truly, whoever looks at the Lord cannot help but be impressed with Him. One would think however, that the secret to such attractiveness, effectiveness, and joy would be very complex. One would think that Jesus must have had the inside edge on some esoteric mysteries or that He implemented secret methodology only known to Him. But such is not the case, because throughout the scriptures, we see the simplicity of the secret Jesus understood that produced in Him the life that was so successful and so beautiful and so restful. What was this secret? The very foundational principle that governed His entire life was His relationship with His Father. If I were to question you about the defining principle of your life, you might say, "It's my ministry," or "It's my family," or, "It's this vision," or, "It's this attempt to see the kingdom grow." You might on the other hand, define your story as one that is full of tragedy, fear, rejection, failure, and disappointment. Regardless of your personal triumph or despair and as valid as those things might be, they are insignificant in comparison to your relationship with the Father. When that's all there is—no other agenda, no other failure, no other ministry, no other disappointment, no other vision, no other attempts to right all of the wrongs, and no other priority. That is what Jesus lives before us. By comparison to my own life and what has been my own tendencies,

Jesus was so focused on His relationship with His Father that nothing else mattered. As a result, everything else fell into place beautifully. His life was fruitful. His relationships were special. His ministry was bountiful, and His Story is amazing! A simple walk of faith, resting in Him is the only thing that will get your story moving in the right direction!

## Challenge

How do I Fall forward with all of my SHAME?

Make Jesus your Joy! The Constant Presence you seek. He endured the Cross, and the Shame so that we could walk with Gladness and see the joy set before even in our shame. Jesus -Our Joy, sit's on the throne at the right hand of the Father where he has secured our Peace.

*Hebrews 12:2 tells us very clearly: "...who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."*

**T**his verse says Jesus focused on "the joy" that was set before Him as He endured the Cross. Just like someone who is on an expedition of discovery and adventure He focuses on the destination on His map, like an author anticipates the last written page of a book, Jesus was looking forward to "the joy" of finishing. I'm sure that as Jesus hung on the Cross, He looked out across eons of time and saw the faces of people who would be saved because of what He was doing. He saw you, He saw me — but what else did He see that motivated Him to stay faithful to the end?

The word "joy" in Greek has a definite composition, which means this wasn't just joy in general, but it was a specific joy. What was it? The verse goes on to describe that joyous "destination" that Jesus set His face like flint toward: *"...who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."* Jesus had His eyes of faith fixed on the empty throne at the right hand of the Father that was reserved for Him once His victory was complete.

Jesus had His eyes, His heart, His mind — His whole being — fixed on that highly exalted place. That was the joy set before Him. How did He do it? He did it through being in constant communication with the Father.

## Conversational Prayer Practice

**A**s Jesus Prays in Gethsemane, What do you hear being said **to you personally** in Jesus' conversation with the Father as we take in this passage?

*Mark 14:32-41...Then Jesus led his disciples to an orchard called "The Oil Press." He told them, "Sit here while I pray awhile." He took Peter, Jacob, and John with him. An intense feeling of great horror plunged his soul into deep sorrow. (Pause for a second to recount recent deep sorrow over something that has been transpiring in your life). And he said to them, "My heart is overwhelmed with anguish and crushed with grief. It feels as though I'm dying. Stay here and keep watch with me."*

*He walked a short distance away, and being overcome with grief, he threw himself facedown on the ground. He prayed that if it were possible, he would not have to experience this hour of suffering. He prayed, "Abba, my Father, all things are possible for you. Please—remove this cup of suffering! Yet what I want is not important, for I only desire to fulfill your plan for me."*

*Then he came back to his three disciples and found them all sound asleep. He awakened Peter and said to him, "Simon, are you asleep? Do you lack the strength to stay awake with me for even just an hour? Keep alert and pray that you'll be spared from this time of testing. For your spirit is eager enough, but your humanity is feeble."*

*Then he left them a second time and went to pray the same thing. Afterward, he came back to the disciples and found them sound asleep, for they couldn't keep their eyes open and they didn't know what to say to him.*

*After praying for the third time, he returned to his disciples and awoke them again, saying, "Do you plan on sleeping and resting indefinitely? That's enough sleep!"*

## What is the Holy Spirit Speaking to you?

**D**iscussion: What Resonates with you as we just prayerfully considered the rhythms of Jesus falling forward?

Because it seems that Satan was trying to kill Jesus in the secrecy of the garden. But the Scriptures declare in (Hebrews 5:7) that Jesus' prayer, laced with loud cries and tears was answered by God!" The hour" of suffering in the garden did pass. He was able to fulfill the purpose of his life and be "lifted up" publicly on the cross for all people to be drawn to him (John 12:32; Numbers 21:7-9).

Falling forward in the garden, Jesus overcomes Satan. He overcomes fear, shame, and despair. He overcomes his cross.

Furthermore, Jesus was gaining the victory before he was crucified by falling forward, watching and praying, and going to the cross spiritually. That was the rhythm for the joy set before Him. He's was showing us how to watch and pray about our trials and temptations. Three times he prays, "Abba, Father... not what I will, but what you will" (Mark 14:36, 39, 41).

The reality of all this is that in the Garden Jesus is falling into his Papa's arms of love and simultaneously spanking Satan write out of the Garden!

Pause to discern what this looks like in your own life. What is Jesus inviting you to enjoy as you yoke with Him?

For further consideration of developing deeper intimacy with God through Jesus, download our e-book called the Rhythms of Pause along with other books at: <https://www.johnfairrington.com/books.html> Small Donations Appreciated!