



Scripture Nugget: The Agony in the Garden

He was in such agony and He prayed so fervently that His sweat became like drops of blood falling on the ground (Luke 22:44).

In no other situation of His Passion, did Jesus sweat blood. He shed blood from the scourging onwards when His skin was lacerated but in the Garden of Gethsemane, Jesus sweated blood not due to the laceration of His skin but the tremendous stress He endured at that time.

Hematodrosis, a medical term for sweating of blood, is a very rare condition caused by extreme anxiety due to intense fear. Under great emotional stress, tiny capillaries in the sweat glands can break, thus mixing blood with sweat.

Jesus endured great crushing fear at the thought that He would have to face the wrath of the Heavenly Father on account of all sins past, present and future. *Your wrath lies heavily on Me; You have overwhelmed Me with all Your waves (Psalm 88:7).*

The other overwhelming feeling of Jesus was His great sorrow at the thought of the loss of souls that would reject His mercy and His great Sacrifice on Calvary. *My Soul is overwhelmed with sorrow to the point of death (Matthew 26:38).*

Conversation with Jesus

Precious Lord, in the Garden of Gethsemane, You prayed three times: *"My Father, if it is not possible that this cup pass without My drinking it, Your will be done!"*(Matthew 26:42). Doing God's will can be very difficult at times especially when it goes against the grain of my human nature. However, through Your Passion, You have merited for me all the graces and help I need to do the right thing and fulfill God's will. Let my constant prayer be "Thy will be done, not mine!" Through this short but powerful prayer, unite my soul to Your Passion. Thus, may my every feeling of fear be a partaking of the crushing fear You endured in the Garden, and every sorrow that afflicts my life be a loving share of Your overwhelming sorrow. Let Your Passion strengthen me mightily to detest sin because of the sorrow it causes You, discern evil and walk in fidelity on Your true path. Mary, Protectress of the Faith, pray for me. Thank You, Jesus. Praise You, Jesus.