

**Sermon Review**  
**October 24, 2021**  
**“What’s In The Cup?”**

*Matthew 26:36-46*

*Rev. Dr. Sherman Bonds, Preacher*

Dr. Bonds draws his message from the gospel of Matthew where Jesus finds Himself in the garden of Gethsemane. It was late, it was dark and indeed it was a time of loneliness and despair as Jesus disciples repeatedly fell asleep unable to watch and pray. It was also a time where Jesus felt the deep sadness and sorrow that life can bring. Such is the life of all of us many times and it is in these moments we dare question God and often times ask God as Jesus did, to let the hardships of life pass us by. Jesus echoed that sentiment as He said, Father let this cup pass. Jesus understood that the cup of life that was before Him was filled with bitterness and sin, but yet He would have to digest and drink both to save humanity. We too have to digest and drink all that makes up the cup of our lives. Dr. Bonds ask the question what’s in your life’s cup as well. Whatever is there prayerfully as Jesus concluded it is not His will, but the will of the God the Father that will sustain His life. In other words whatever is in our individual and most personal cup we too can drink it and with God’s grace, we can endure the hardship, bitterness and even sin of the cup. Here we are now 2000 years later still talking about Jesus and trying to live life as He did. He drank and so we too must drink. Let us dare not to forget that in the cup also is enough of God’s grace to see us through whatever comes our way. All that is in the cup is not bitter, for God’s grace is there and it is sufficient for us all. Be Blessed.

Rev. Dr. Keith L. Reynolds, Pastor