

HEART-TO-HEART

We are reminded that Christ is in our hearts and we are in His and that love connects us all in unity.



Unity

In researching the question of how the Bible defines unity, christianpure.com states, “Biblical unity, then, is not mere uniformity or the absence of conflict. Rather, it’s a powerful spiritual reality and calling – the harmonious integration of diverse individuals into one body, united by shared faith, purpose, and love. This unity transcends human divisions, as Paul declares in Galatians 3:28, ‘There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.’”

That’s a beautiful way to convey what unity is - a shared faith, purpose and love. This is what the church is supposed to be about - individuals from different walks of life coming together because of their shared love for Jesus, and in doing so, becoming a body of believers who are united.

We are grateful for and treasure this unity. Let us continue to promote and preserve unity among all believers in Christ as it is our strength.



Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:12

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Jesus Had Emotions Too: The Darkest Night

Hebrews 4:15

“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.”

Introduction

Last month we explored how Jesus expressed frustration. This month we will look at how Jesus experienced the greatest despair imaginable as He prepared to go to the cross. In the Garden of Gethsemane, we see Jesus at His most vulnerable—choosing obedience while carrying the full weight of sorrow and fear.

Key Passage: Matthew 26:36–39

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”

Observations:

Make at least 10 observations about the passage above, write down everything you see in the passage

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Context

The word used to describe Jesus’ sorrow is expressive of the greatest sorrow imaginable—a violent, overwhelming emotion.

Charles Spurgeon explained: “And again, he chose that garden, amongst others contiguous to Jerusalem, because Judas knew the place. He wanted retirement, but He did not want a place where He could skulk and hide Himself. It was not for Christ to give himself up—that were like suicide; but it was not for Him to withdraw and secrete Himself—that were like cowardice.”

When Jesus said, “My soul is exceedingly sorrowful, even to death,” He was not exaggerating. He was distressed at the spiritual horror waiting for Him on the cross. He would stand in the place of guilty sinners and receive the punishment they deserved. For the first time ever, He would be ripped away from the Father and experience a separation He had never known before (“I and the Father are one,” John 10:30).

Journal: Reflection Question

Using the prompt and questions below, please take a moment to journal your thoughts.

- When have you experienced sorrow, despair, or fear?
- How did you respond in that moment?
- What does it mean to you that Jesus understands those depths personally?

Prayer Prompt

“Lord, You know what it feels like to be crushed with sorrow and fear. Thank You for entering into despair so that I don’t have to face mine alone. Help me to trust You in my darkest nights, and to say with Jesus, ‘Not my will, but Yours be done.’ Amen.”



The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

Psalms 34:17

Anguish by Jeanne Nagatani

I thought I'd share what I read from Billy Graham that struck me as relevant based on a current event:

"Job 6:2-3 - If only my anguish could be weighed and all my misery be placed on the scales! It would surely outweigh the sand of the seas.

In reality...we often don't know why God permits certain things to happen to us. We do know that evil is real, and we live in a world that is ravaged by sickness and death and sorrow—a world that isn't the way God intended it to be. Some day Christ's victory will be complete and all this will change—but not yet. In the meantime, put your faith and hope in Christ. He knows what it is to suffer; he went to the cross for us. And because He did, we have hope even in the midst of life's darkest hours."

Charlie Kirk was killed. He was a young man who stood by his faith and expressed his faith at all times. There doesn't seem to be any remorse from the (supposed) doer of the deed, and there are those who celebrate his death. How can they cheer for the killer and be happy that Charlie died? Why did God allow it to happen?

I don't understand why a lot of negative things happen, but I do know that God has everything under control. We live in an imperfect and sinful world. I don't have answers. All I can do is pray until Jesus comes back to defeat Satan and we can live with Jesus in peace. Keep on praying, my brothers and sisters in Christ!



Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Psalm 62:8



*Evening, morning and noon I
cry out in distress, and he
hears my voice.*
Psalm 55:17

ALOHA RECEPTION September 28, 2025

It was a great time of fellowship and honoring our pastors and their wives for their service and sacrifice at WOCC. Great heartfelt words of appreciation from Henry and Isaac, and an insightful message from Daniel about shepherds and their sheep. And so much on food!



Aloha represents a way of living that emphasizes kindness, respect, and generosity. It embodies a spirit of friendliness, love, compassion and mercy.

At WOCC we "live aloha" by following God's Word:
"Be completely humble and gentle; be patient, bearing with one another in love."
Ephesians 4:2



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