

1. Come with Jesus to the place of prayer. Are you watching closely? (v.36-38)

When you pray do you sense that you are sitting at a distance from Jesus? How much distance do you sense? What is causing the distance?

2. Be a good partner in prayer. Are you connected to community? (v.40, 43)

If you are using this curriculum in a small group setting you are to be congratulated for embracing community. But the form of community does not always create the function.

Is your small group marked by honesty, transparency, vulnerability and accountability? How were these qualities evident in the relationships that Jesus had with his disciples?

Beyond formal small group participation, are you a good partner in prayer? Do you have a partner in prayer who carries you through seasons of sorrow and trouble?

What is making your soul sorrowful and troubled right now? How does it comfort you to know that Jesus knows how that feels?

3. Rely on the right power in prayer. Are you growing spiritually? (v.41)

Prayerlessness exposes the weakness of our flesh. Have you given up connecting with God in prayer because you pray in the power of the flesh?

Describe a season when you experienced the power of God's spirit in response to your prayers.

4. Take the right posture in prayer. Are you confessing humbly? (v.39)

What does Jesus' posture in prayer reveal about his heart?

The weight that drove Jesus to his knees was the heartache he had in response to staring deeply into the cup of God's wrath for sin.

Does your heart grieve over the weight of your sin?

Does the flood of sin that you see in our culture drive you to your knees in prayer?

How does the portrait of Jesus' sorrow over sin help you in your battle against sin?

5. Set the right priority in prayer. Are you surrendered completely? (v.38, 42)

Before I can know the will of God in prayer, I must have no will of my own. Has your will been fully and finally broken so that you can truly say, "Not my will, but your will be done"?

Additional Scripture

- Luke 22:39-46
- Isa 51:17
- John 14:13-14
- John 15:7
- 1 John 5:14-15
- Psalm 116:2
- Hebrews 4:16
- Hebrews 11:6