



June 9, 2024
 Dr. Rick Mandl
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How To Pray Like Jesus - Mark 14:32-42

³²They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." ³³He took Peter, James, and John with him, and he became deeply troubled and distressed.

³⁴He told them, 'My soul is crushed with grief to the point of death. Stay here and keep watch with me.' ³⁵He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶'Abba, Father,' he cried out, 'everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.' ³⁷Then he returned and found the disciples asleep. He said to Peter, 'Simon, are you asleep? Couldn't you watch with me even one hour? ³⁸Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak.'

³⁹Then Jesus left them again and prayed the same prayer as before. ⁴⁰When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. And they didn't know what to say. ⁴¹When he returned to them the third time, he said, 'Go ahead and sleep. Have your rest. But no—the time has come. The Son of Man is betrayed into the hands of sinners.

⁴²Up, let's be going. Look, my betrayer is here!
 Mark 14:32-42

Lessons Learned From Jesus' Prayer In The Garden

Mark 14:32-42, Matthew 26:36-46, Luke 22:39-46

1. Don't Try And _____ It _____

2. _____ About It, Don't _____ About It

3. Be _____

4. Be _____

5. Be _____

Memory Verse

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."
 Philippians 4:6-7

MY NEXT STEP IS TO . . .

- Today for the first time trust in Jesus as my Lord and Savior and begin to follow Him
- Memorize Philippians 4:6-7
- Ask God to help me to apply today's lesson and pray like Jesus
- Get the most out of today's teaching by attending my Life Group this week



FOLLOWING JESUS

A STUDY IN THE GOSPEL OF MARK

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Mark 14:32-42, Matthew 26:36-46, Luke 22:39-46

1. Don't Try And **Go It Alone**

2. **Pray** About It, Don't **Worry** About It

3. Be **Honest**

4. Be **Persistent**

5. Be **Obedient**

Memory Verse

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:6-7

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Discussion Questions - Week #8

LIFEGROUPS

QUICK REVIEW

Thinking back to the weekend sermon, "How To Pray Like Jesus?" summarizes the main point in a sentence or two.

Was there anything you heard for the first time or that caught your attention, challenged, or confused you?

Do you plan on taking any practical steps this week in response to the message?

GETTING STARTED

In the Garden of Gethsemane Jesus asked Peter, James, and John to stay up and keep watch with him. How do you feel about asking others to help you when you're in need?

Share an example of when you should have asked for help but decided you could handle it on your own.

DIGGING DEEPER

1. This weekend's message challenged us to pray like Jesus. One of the best places to learn that lesson comes from Jesus' words in the Sermon on the Mount. Read Matthew 6:5-15. When did you first hear or learn the prayer Jesus taught?

What do the prayer's first half (vv. 9–10) and the second half (vv. 11–13) focus on?

What does this tell us about how we should pray?

Which aspect of this prayer do you think you pray most often (i.e., God's will, earthly needs, forgiveness, or deliverance from temptation)?

If God knows what we need before we ask Him (v.8), why do we need to ask?

What do you think it looks like for God's will to be done on earth as it is in heaven?

2. The Apostle Paul's letters often include prayers for the church and its members, providing excellent insight into God's will and desire for our lives. Read Ephesians 1:15-19 and Colossians 1:9-12 and share what stands out in those prayers.

What do they have in common?

What do these commonalities teach us about the way we should pray?

How do these prayers challenge or encourage you in your prayer life?

Do you think praying consistently for the things Paul prays for would bring change in your life? If so, what would that look like?

FOR PRACTICE

Worry often leads to our attempts to control that which feels out of control. Prayer releases us from our need to control. It is an act of surrender and an acknowledgment of our dependence and trust on the One in control. If worry has become a consistent presence, try shaking up your routine. Before grabbing your phone to check texts or emails in the morning, consider spending three to five minutes in silent prayer. It is a practice built around Psalm 46:10, quieting our hearts and minds and giving God space to speak.

SHARE IT

Is there anything you heard or learned in the weekend message or Life Group this week that you want to share with someone you know?

PRAYER REQUESTS

Pray for our mission partners in South Asia. Pray that God would give them health so they can continue running the race He has called them to! Praise God that the Spirit is leading them in fruitful ministry among their Muslim neighbors. That said, the enemy does not give up territory easily. Pray for their protection and the Kingdom's continued advance.