

Jesus prays when he's afraid

Luke 22:39-46

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

Jesus asks for the cup to be taken away and then says "not my will, but yours." What kind of Father can you trust with an answer like that?

2. What does it show me about people — and about me?

Jesus is in real distress and he says so out loud. Is it all right to tell God you do not want to do the hard thing?

3. What will I obey this week?

What are you afraid of this week? Say both parts to God — the asking and the trusting.

4. Who will I tell?

Who got a no, and is struggling with it? What does this night say to them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you asked your Father to take it away, and he did not, and you went anyway. Thank you for praying that prayer for me. Help me trust the Father when the answer is no.



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