

Praying in the garden

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 tells his Father exactly how he feels and then says "your will, not mine." What does that show you about praying?

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

He asks his friends to stay awake and they fall asleep. Have you ever let somebody down when they needed you?

3. What will I obey this week?

What hard thing will you tell God honestly this week?

4. Who will I tell?

Who needs you to stay awake with them — to sit with them in something hard?

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 were so sad in the garden, and you still said "not what I want, but what you want." Thank you for choosing that. Help me pray honestly and then trust God.



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