

GIVE YOURSELF AWAY

Part 3: A Normal Conversation

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My Simple Definition of Prayer

Prayer is both talking to and listening to God.

Luke 22:39-46

³⁹ Jesus went out as usual to the Mount of Olives, and his disciples followed him. ⁴⁰ On reaching the place, he said to them, "Pray that you will not fall into temptation." ⁴¹ He withdrew about a stone's throw beyond them, knelt down and prayed, ⁴² "Father, if you are willing, take this cup from me; yet not my will, but yours be done." ⁴³ An angel from heaven appeared to him and strengthened him. ⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

⁴⁵ When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. ⁴⁶ "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

In Jesus' prayer we find...

A <u>retreat</u>	<i>Jesus went out</i>
A <u>pattern</u>	<i>as usual</i>
A <u>location</u>	<i>to the Mount of Olives</i>
A <u>posture</u>	<i>knelt down and prayed</i>
A <u>connection</u>	<i>Father</i>
A <u>request</u>	<i>if you are willing</i>
A moment of <u>honesty</u>	<i>take this cup from me</i>
A <u>submission</u>	<i>yet not my will, but yours be done</i>
A heavenly <u>strength</u>	<i>an angel appeared...and strengthened him</i>
A response to <u>pain</u>	<i>being in anguish, he prayed more earnestly</i>
A <u>re-entry</u>	<i>he rose from prayer and went back</i>

(Continues on back)

My Conviction

As a child of God, prayer should be
the most normal thing we do.

God's Promise

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

– James 5:16

Next Steps: See the back of today's program

On Your Way Home

Talk to God openly and honestly about what you are facing this week. Dedicate your week to Him.

Small Group Discussion Questions



- 1) Where do you find the best pizza in Whatcom County?
This question will make more sense if you were at church!
- 2) What, to you, are the most important parts of a good conversation with a friend? How do those factors equate to talking with God?
- 3) In what area of your prayer life do you struggle the most? (Consistency, distraction, focus, etc.)
- 4) What stood out for you about the prayer life of Jesus described in Luke 22?
- 5) How has your prayer life changed over the years? Share some of the lessons you have learned along the way.
- 6) How can we pray for you tonight?