



Sermon Discussion Guide

November 23, 2025

Refresh

Read Ephesians 6:18-20 to get the Scripture passage back in your mind.

Discuss

Pastor Mark highlighted that Jesus' distress in Gethsemane was unlike anything any martyr has ever faced. What does Christ's unmatched agony reveal about the nature of the "cup" He was about to drink, and how should that deepen our awe and gratitude as we worship Him?

In His moment of greatest distress, Jesus fell to His knees and prayed. Why do we often neglect to pray in our times of distress? How does Jesus' posture in Gethsemane shape our response during seasons of great distress in our lives?

Paul commands believers to pray "at all times" in the Spirit. What does this type of continual prayer look like in the life of a believer, and what tends to disrupt the presence of prayer in our daily lives? How can we regularly remind ourselves to constantly be in prayer?

The sermon emphasized that praying "with all prayer and supplication" includes confession, lament, pleading, praise, and more. Which kinds of prayer come most naturally to you, and which feel uncomfortable? How can we grow in praying in ways we might naturally feel uncomfortable?

We were encouraged to persevere in intercession for situations such as: prodigals, unsaved loved ones, those suffering with chronic illnesses, etc. Why do we often grow weary in praying for long-term prayer needs? What truths about God might help us continue in perseverance and hope as we wait on the Lord?

Paul emphasizes prayer for all the saints, and the sermon noted the strengthening power of hearing others intercede for you. How have you personally experienced the encouragement of others' prayers, and how can you grow in intentionally praying with and for fellow believers?