



Big Idea: We want to be quieter, healthier, slower, smarter, richer, more generous or better connected to those we love! Image what could happen if, before determining to do anything else, we made a single resolution, to draw near to the heart of our Heavenly Father. In this study series, we will look at Jesus' prayer life, and discover that when we pray like He prayed, his priorities and passions become ours.

Surrender

Scripture: Matthew 26:36-46

Jesus willingly surrendered to the will of the Father, giving His followers a daily pattern to practice.

Capture our Attention-

- a. Many acts of courtesy are opportunities to surrender our position to show honor and respect to another person (hold the door, let someone in line ahead of you, braking so a car can merge in space ahead of you, listening to a person to complete their conversation). In what ways have other people extended courtesy to you in the past week. How did you respond?
- b. Share your Take-A-Way from last Sunday's sermon. What insight or truth from the message did God allow to capture your attention? What are you doing to live out the implications of that truth?

Enlighten our Mind- Study the prayer life of Jesus.

Matthew 26:36-46

Through this series we will be examining closely the prayer habits of our Lord Jesus. This study will influence our own attitude and practice of the habit of prayer to grow into a vibrant connection to God!

1. Take a look at the events surrounding this prayer of Jesus in Matthew 26. Where do you see acts of curtesy or surrender displayed? Where do you note discourteous and inconsiderate behavior?

Matthew 26:1-16	Jesus anointed with oil
Matthew 26:17-35	Jesus' last supper with Disciples
Matthew 26:47-75	Jesus' arrest and trial

2. Read our key verses and highlight the words/phrases that stand out to you.

³⁶ "Then Jesus went with them to the olive grove called Gethsemane, and he said, 'Sit here while I go over there to pray.'" ³⁷ He took Peter and Zebedee's two sons, James and John and he became anguished and distressed. ³⁸ He told them, 'My soul is crushed with grief to the point of death. Stay here and keep watch with me.' ³⁹ He went on a little farther and bowed with his face to the ground, praying, 'My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.'

⁴⁰ Then He returned to the disciples and found them asleep. He said to Peter, 'Couldn't you watch with me even one hour? ⁴¹ Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!' ⁴² Then Jesus left them a second time and prayed, 'My Father! If this cup cannot be taken away unless I drink it, your will be done.' ⁴³ When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. ⁴⁴ So He went to pray a third time, saying the same things again. ⁴⁵ Then he came to the disciples and said, 'Go ahead and sleep. Have your rest. But look- the time has come. The son of Man is betrayed into the hands of sinners. ⁴⁶ Up, let's be going. Look, my betrayer is here!'" (Matthew 26:36-46)

3. How was Jesus feeling (v. 37)? Is surrender natural in those conditions? Why or why not?

4. Take special note of the ways Jesus demonstrated a willingness to surrender.
 - a. His statement of emotion to his disciples (v. 38).
 - b. His posture in His time of prayer (v. 39).
 - c. His words in His prayer (v. 39 & 42).
 - d. His response to the sleeping disciples (v. 40, 43, & 45).
 - e. His response to his betrayer (v. 46-49).

What do you learn about Jesus from this prayer and this situation? How have you responded in similar situations? How can you respond more consistently as Jesus does?

5. What does Jesus believe about God that prompts Him to pray the way that He does (v. 39 & 42)? (see also 1 Peter 2:21-23)

What different thoughts of about God might be common in these situations, even if they are wrong?

6. What do you think Jesus had in mind when he referred to the “cup” he had to drink? (Matthew 26:42)

How does your heart respond to the thought of Jesus receiving the wrath that you deserve for your sin?

Simple Prayer in my Ordinary Life!

Receive it and Share it.

Just like the disciples who followed Jesus, we can learn important lessons by watching Jesus pray. This important lesson from Jesus’ prayer of surrender to God’s difficult will challenge our independent spirit and pride. The next few steps are intended to help you develop your conversations with God so you can learn surrender to your Heavenly Father. He is good, faithful, loving, and trustworthy.

- a. What difficult experience is currently causing you anguish and distress?
- b. What do you know to be true about your Heavenly Father? List some Bible verses about God.
- c. Share with a few people in your group your personal prayer request? Share your willingness to surrender to God’s will? As a group, share the Lord’s Supper together and thank God for what Jesus is teaching us.

Your Prayer Journal- *This week, compose your journal entries around the words of Jesus. Each day write the prayer of Jesus, “I want your will to be done, not mine”. Day one: Express your confidence in His purpose, power, and plan. Day two: Express your will in your current situation. Day three: Express your dependence on the prayers and support of others. Day four: Express your forgiveness when friends fail you or betray you. Day five: Express your perception of God’s will. Day six: Commit to do God’s will.*

Ask the Holy Spirit who lives in you to help you surrender your will.

Pray an “Imagine” prayer for your group, neighborhood and city to wake up to life in Jesus.