

- B. Prayer is the only way to successfully face the stress, trials, and temptations of life.
- C. There are times when prayer is more important than sleep.

#### 4. How can we apply these lessons?

- A. Give up sleep in order to make time for prayer. Prayer doesn't just happen. We need to fight to make time for prayer. There are times when prayer is more important than sleep.
- B. Find a way to stay focused in prayer instead of drifting to sleep in prayer. Try taking a prayer walk, try journaling your prayers, try speaking to God out loud in prayer.
- C. Find a group that will pray with you, such as a Life Group. Being part of a group that prays together will help us find the discipline, time and focus we desire for the time in prayer we so desperately need.

#### Life Group Questions

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1. What stuck out to you in today's message?
2. Have you ever been determined to pray, but fell asleep? What causes this? How can you improve your ability to stay awake and focused?
3. How would you explain to a non-Christian what caused Jesus so much agony when he prayed in the garden?
4. In prayer, Jesus told God the Father his will for his life, but he also submitted to God the Father's will for his life. What can we learn from this about how we should pray and what we should be asking for when we pray?
5. Read the Lord's Prayer in Matthew 6:9-13. What aspects of this prayer are similar to the way Jesus prayed in the garden of Gethsemane (there are three)? What else should characterize our prayers according to Matthew 6:9-13?
6. Extra Credit — To learn more about prayer, read James 5:13-18. What does James teach us about prayer?
7. How are you going to change your prayer life this week? In what way(s) can your life group hold you accountable on the changes you want to make in your prayer life this week?

# MARK THE KING AND THE CROSS

## Mark 14:32-42 – When Prayer Is More Important Than Sleep

October 4, 2020

*He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Isaiah 53:3 (ESV)*

### 1. Jesus shows us the right way to handle stress, trials, and temptations.

*And they went to a place called Gethsemane. And he said to his disciples, "Sit here while I pray." Mark 14:32 (ESV)*

*When Jesus had spoken these words, he went out with his disciples across the brook Kidron, where there was a garden, which he and his disciples entered. John 18:1 (ESV)*

*And every day he was teaching in the temple, but at night he went out and lodged on the mount called Olivet. And early in the morning all the people came to him in the temple to hear him. Luke 21:37-38 (ESV)*

Now Judas, who betrayed him, also knew the place, for Jesus often met there with his disciples. John 18:2 (ESV)

And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, "My soul is very sorrowful, even to death. Remain here and watch." Mark 14:33–34 (ESV)

And he withdrew from them about a stone's throw, and knelt down and prayed, Luke 22:41 (ESV)

And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. Mark 14:35 (ESV)

And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. Luke 22:44 (ESV)

And there appeared to him an angel from heaven, strengthening him. Luke 22:43 (ESV)

And he said, "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will." Mark 14:36 (ESV)

## 2. The disciples show us the wrong way to handle stress, trials, and temptation.

And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Mark 14:37–38 (ESV)

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. Hebrews 5:7 (ESV)

And again he went away and prayed, saying the same words. And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him. Mark 14:39–40 (ESV)

And he came the third time and said to them, "Are you still sleeping and taking your rest? It is enough; the hour has come. The Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand." Mark 14:41–42 (ESV)

## 3. What are the practical lessons we learn?

- A. When we pray, we should tell God what we want in life, but more important is surrendering ourselves to God's will for our life.