

Honesty in Prayer

☐ *Prepare in Advance*

Before the Session:

- Have the *Bible Background Video* ready to view.
- Retrieve, review, and have ready the videos listed below (links are provided on this session's webpage).
- Read through Mark 14:32-42 to familiarize yourself with the passage.

☐ *Intro*

SAY: "Before we get started, I want you to pray with your neighbor for a few minutes." As hard as it will be, let people do that anyway they want without any guidance.

- After a few minutes, call the group back together and play *Pray with your Neighbor* video. To encourage discussion ask some discussion questions like:
- Can you relate to Michael Jr?
- How odd did it feel when I asked you to pray with your neighbor?
- How difficult is it for us to be honest with God when praying in public?

☐ *Examination*

Have someone read Mark 14:32-42 out loud and then play *Bible Background Video*. Lead a discussion of the text with these suggested ideas:

- Why did Jesus take Peter, James, & John with him when there was nothing they could do for him?
- How long do you think Jesus prayed each time? How do you think Jesus felt when his disciples were asleep? Why were the disciples so tired anyway?
- Have you ever been like the disciples and had no idea what to pray or say?
- How does it make you feel that Jesus is in such stress and anxiety?
- How would you have felt falling asleep on Jesus? Have you ever felt spiritually asleep?
- What can we do to stay spiritually awake? Does it demand honesty in prayer?

☐ *Honesty*

Ask: How familiar are you with the Marvel character Thor?

Have a short discussion about Thor then ask something like: Did you like the Thor movies? Was it believable? Why will no fans of Thor admit that and be honest?

- Play *Honest Trailer* (you can stop it at 3:17).
- Why are not all movie trailers like that one?
- Why do we resist being honest in prayer?
- Why was Jesus so honest with God even though nothing really changed in Jesus' circumstances?
- How can we be honest with God in prayer?
- How can we handle life's circumstances even when our difficulties seem permanent?

☐ *Closing*

Play *Reflection Video* then have time of silence followed by a closing prayer.

By Jon Self

SPONSOR

Get a new website by Faithlab and help support Faithelement.

Learn more at Faithlab.com

faithlab