

Praying Like Our King (2/11/24)

Verses: Matthew 26:36-46

Main Verse: Matthew 26:39

Takeaway: When Jesus prayed hours before his death on the cross, he gave us an amazing example of seeking and submitting to God.

Getting Started: What do you do when you're feeling sad and troubled?

Read: Matthew 26:36-46



Some **QUESTIONS** to consider:

Toddler/PreK:

- How do the verses say Jesus was feeling?
- What did He ask His disciples to do? How did they respond?
- How many times did Jesus go back to pray?
- Where (and how) did Jesus find comfort?

Elementary:

- How do the verses say Jesus was feeling?
- What did He ask His disciples to do? How did they respond?
- Where (and how) did Jesus find comfort?

Here are some **IMPORTANT IDEAS** we discover in these verses :

Toddler/PreK:

- Jesus was feeling “sorrowful and troubled.”
- Peter and the two sons of Zebedee went with him. Jesus asked them to watch and pray. They fell asleep. Even after Jesus woke them up and asked them again to pray, they fell back asleep.
- Jesus went back into the garden to pray three times.
- Jesus found comfort in seeking and submitting to God’s loving purposes for our lives. He taught us how we should pray when we are feeling troubled.
- Like Jesus, when we seek God and do what he tells us to do, he helps us to obey him.

Elementary:

- Jesus was feeling “sorrowful and troubled.”
- Peter and the two sons of Zebedee went with him. Jesus asked them to watch and pray. They fell asleep. Even after Jesus woke them up and asked them again to pray, they fell back asleep.
- Jesus went back into the garden to pray three times.
- Jesus found comfort in seeking and submitting to God’s loving purposes for our lives. It did not change what was coming, but gave him the strength and support (from God) which he needed to complete his Father’s work. Here, Jesus shows us how we should respond when we are troubled.
- When we seek and submit to God’s purpose for our lives, he gives us the strength and support we need to obey him.

An **ENCOURAGEMENT** in light of God's word:

(Toddler/PreK) Talk to God. Thank him that he cares when we are troubled and sad. Ask God to help you to turn to him in those times, just as Jesus did. Thank him that, through faith in Jesus, we too can know and love God forever.

(Elementary) Talk to God. Thank him that he cares when we are feeling “sorrowful and troubled.” Ask God to help you to turn to him in times of sorrow and trouble, just as Jesus did. Thank him that through faith in Jesus, we can receive his comfort, support and strength when we submit to God’s purpose for our lives. Do you sense God is calling you to submit to his purpose for your life? If so, you might want to pray in this way: **Admit** you are guilty of living a me-centered life instead of a God-centered one. **Believe** that Jesus is your only hope for forgiveness, freedom, and forever with God. With your whole heart and being, **commit** yourself to following Jesus’ loving leadership. If you pray this, or have questions about what it means, talk to a trusted adult in your life about it.