

Jesus In Gethsemane - Matthew 26:36-46

Ideas for an intro

- I have discovered that I am easily distracted. It takes a lot to get me to focus, and even then, it does not take much to get me distracted. I have never been real good at multi tasking. I used to play games like 'Starcraft', 'Warcraft' and 'Age of Empires' where the idea is that you have to multitask in order to accomplish a goal as well as to defeat an enemy. I thought I was pretty decent at multi tasking, but trying to do homework while watching TV, that's not a good idea for me. I thought that as I got older it would get easier – not so much. Some people are pretty amazing at it. Some people may think they are good at it, but being around them is nerve wracking. I once saw a woman eating breakfast, talking on her cell and putting on makeup, all while driving on the freeway. I chose to let her pass me and go on her way. The truth is, I have no idea how well people can truly multi task, but I know I struggle keeping focus. Today's session deals with keeping focused.

A Biblical Passage to focus on

1. Read Matthew 26:36-46

A short devotional based on that Biblical passage

1. Where does Jesus take his disciples? (v. 36)
2. What is Jesus' first request? (v. 36)
3. How is Jesus feeling? (v. 37-38)
4. What does Jesus ask Peter, James and John? (v. 38)
5. What does Jesus ask God? (v. 39)
6. When Jesus returns, what does he find? (v. 40)
7. What does Jesus say? (v. 41)
8. What does Jesus pray the second time? (v. 42)
9. What does Jesus find the second time he returns? (v. 43)
10. What does Jesus do the third time he goes off? (v. 44)
11. When Jesus returns again, what does Jesus tell the disciples? (v. 45-46)

Brainstorming questions for you and your team

1. When was the last time you went away to connect with God?
2. When was the last time you went away with your team/ministry/club to connect with God?
3. When was the last time you asked God to take something away from you? From your team? From your ministry/club?
4. When was the last time someone asked to you support them/pray and you did not do it? Why didn't you?
5. When was the last time you took time to simply rest? When was the last time your team/ministry/club just took time to rest?

Application Concepts

1. Make a plan to get away to connect with God.
2. Set plans and helps in place to help you to pray.
3. Set plans and helps in place to help you to stay focused.
4. Set plans and helps in place to help you to rest.

This week's Holy Experiment...or ask God for another

1. Set aside time to just focus on prayer (alone/with someone specific for a specific concern)
2. Set aside time to just rest.