



WHEN WE
PRAY
LIKE
JESUS

SUMMARY | Most of us find prayer difficult and sometimes even unsatisfying. The heart of our struggle is a kind of tug-of-war between what we want and what God wants. Jesus understood this. In one of His most difficult and darkest moments, He prayed a specific prayer: “Take this cup, yet not my will.” It’s like two sides of the same coin: “take this cup” is honest and “not my will” is abandon. In this episode, we’ll look at both sides of the prayer coin and dive deeply into how Jesus prayed honestly and how we can too.

This Week’s Discussion Questions

1. Read [Luke 22:42](#). Did you notice how Jesus prayed two opposite requests in one sentence? When you consider His model for prayer, does that impact your attitude towards prayer?
2. Does Jesus’s honesty in prayer to the Father surprise you? How so? (See [Matthew 26:36–39](#); [Mark 14:32–36](#); [Luke 22:39–44](#).)
3. How can we be as honest in prayer with God as Jesus was with His Father? (See [Hebrews 2:17–18](#).)
4. What did it mean for Jesus to pray “not my will”? Was it somehow easier for Him to pray with abandon than it is for us? Read [Mark 14:36](#), [Philippians 2:1–8](#), and [John 10:18](#).
5. Read [Luke 22:42](#) and [Hebrews 5:8](#). How do you define the term abandon? What does it mean for you to pray in abandon “not my will”?
6. There is a small space between Jesus’s honesty and His abandon, contained in the word “yet.” How does this space create the pivot for Jesus to move from honesty to abandon? Read [Hebrews 5:7–8](#).

Challenge

Pray like Jesus! Jesus modeled a two-sided prayer for us. Let's make it practical this week by writing down our prayers. Take a piece of paper and draw a line down the middle. At the top of the left side write "Honest" and at the top of the right side write "Abandon." For each request, write a prayer of honesty and a prayer of abandon on the appropriate side of the paper. Ask God for His help in shaping your heart to be more like Christ through this practice. Place the card on a mirror, fridge, or somewhere you can see it and be reminded to rely on God.

Commit To Memory

"Take this cup from me; yet not my will, but yours be done"

Luke 22:42 NIV

Prayer

Dear Father, I am in awe of the honesty of Jesus before You in the garden.

I am so thankful for the access to You He provides.

Help me to join Him in praying "take this cup, yet not my will."

In Jesus's name.

Amen.

