

Connection Group Discussion Questions

For the week of August 30, 2015

Matthew 26:36-39

New Revised Standard Version (NRSV)

³⁶ Then Jesus went with them to a place called Gethsemane; and he said to his disciples, "Sit here while I go over there and pray." ³⁷ He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. ³⁸ Then he said to them, "I am deeply grieved, even to death; remain here, and stay awake with me." ³⁹ And going a little farther, he threw himself on the ground and prayed, "My Father, if it is possible, let this cup pass from me; yet not what I want but what you want."

New International Version (NIV)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

Connection Questions:

1. Prayer is a relationship. Discuss what it means to have an ongoing conversation with God.

2. The text says Jesus began to be grieved and agitated. He goes a little farther and he throws himself on the ground and prays. Do you think prayer helps when we are anxious or grieving? If so, how?

3. Do you think it's important for us not to react quickly to grief? If so, why? How can reflection and prayer help us heal from our losses?

4. It seems from Jesus' prayer that he is having an ongoing dialogue with God. "My Father, if it is possible, let this cup pass from me." What did Jesus mean in this prayer?

5. After Jesus finishes praying, he finds that his disciples are asleep. Does prayer alleviate or ease the tough times we face in life? How can prayerful reflection help us face tough times or heal?

6. Psychiatrists have used the term "grief work" when we experience grief in our lives. What does "grief work" look like?

