

# Following Jesus

## PARENT CONTEXT

Jesus prayed continuously throughout the Gospels. As such we are also called to pray in all aspects of our lives. We are called to pray out of thanks, to ask for something, to confess sins, and for others. Prayer is not just an activity for the hard times, and it does not make God give us whatever we want. As you will read in the Gospel of Luke, Jesus ultimately prays for the strength to do God's will, as should we. The Lord's Prayer (Matthew 6:9-15) teaches us how to pray.



## BIBLE READING

### LUKE 22:39-46

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

## Craft

Make a prayer booklet to help guide your children in prayer! This booklet can help remind kids to pray for others, to confess sins, to ask for help, and to be thankful.

## PRAYER

Dear God, thank You for giving us an opportunity to talk with You, praise You, confess our sins, and ask for help. Help us pray to You anytime, anywhere, about anything. Give us the courage and strength to follow Your plan for us. Thank You that Jesus made the way for us to pray to You. In Jesus' name we pray, Amen!

**ASK: While it may be hard to believe, there was a time that Jesus felt afraid. What do you think he did to find strength?** *(Jesus found strength from his Heavenly Father in many ways. Through Scripture, prayer, etc.)*

In the Bible passage today, Jesus is about to be arrested and crucified on the cross. Jesus knows this is coming because he came to save us. This is what Jesus does:

**READ: Luke 22:39-46**

**ASK: What did Jesus do?**

He prayed! Right before the scariest moment in his life, Jesus knew to turn to his Heavenly Father. Jesus wanted to make sure he was following God the Father's plan for him.

**ASK: What did Jesus keep telling the disciples to do? (To pray) Why?**

So they could also have strength in God. Prayer is a way for us to talk with God! Jesus wants us to continually pray. He wants us to make prayer a habit and pray when we are in need, when we are happy, and when we are scared. Whatever we are feeling. He wants us to pray for big things and for small things, nothing is too big for God. While He may not always answer our prayers the way we expect, God always listens and guides us to follow His plan for us.

Unlike Jesus, we are not perfect, and sometimes we don't want to pray and don't want to follow God with all of our heart, soul, and mind. However, even though we sin, God has forgiven us because Jesus was willing to go to the cross and die for us.

**ASK: What is something your family can pray about?**