

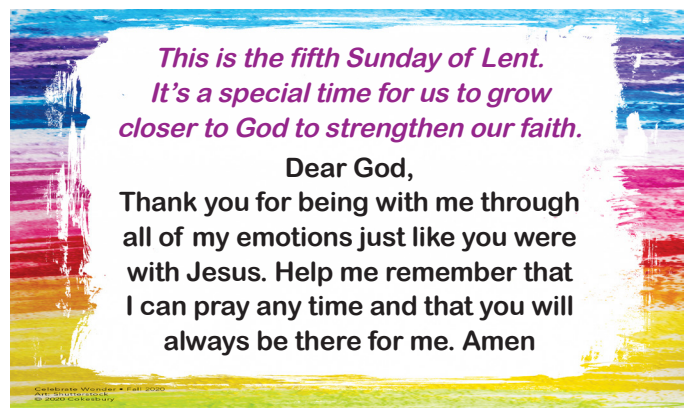
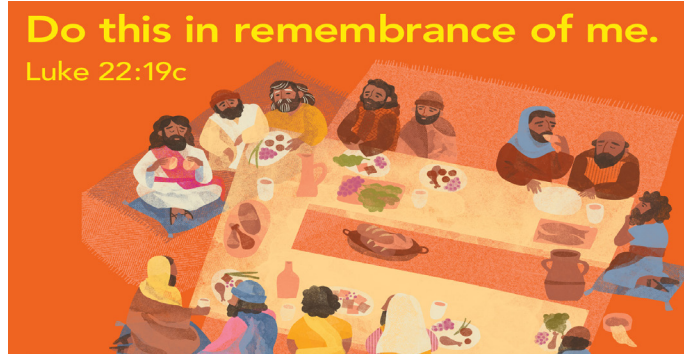
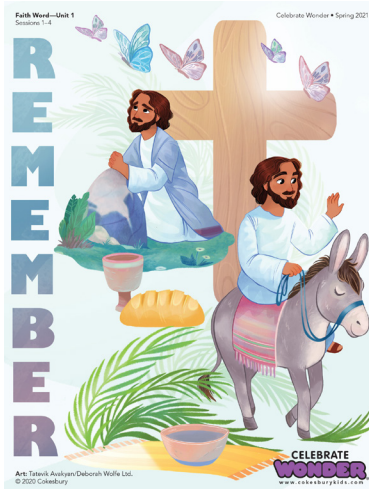
UNIT 1: REMEMBER • SESSION 3:

“Praying in the Garden”

LUKE 22:39-46

JESUS ASKS US TO REMEMBER:

As we are moving through Lent and getting closer to Easter, we remember the stories of Holy Week - Jesus' last week on earth. Today we are exploring the story of Jesus praying in the Garden of Gethsemane after the Passover meal. He asks the Disciples to pray also. Jesus is sad and probably scared knowing that so many people are against him. He asks God to take this pain away from him, but also says he will accept whatever God's plan is for him. Jesus feels all sorts of emotions but he finds peace when talking to God. This is an important part of the story of Holy Week because it is the last time Jesus is a free man. He is arrested later that night while in the garden. When we take time to pray and listen to God's guidance in our lives we are remembering Jesus.



BIBLE STORY: *After the Passover meal and celebration, Jesus wanted to take time to find a quiet place to talk to God.* After the meal, Jesus and his followers walked to a garden on the Mount of Olives to pray. Jesus

prayed, “Father, please take away my pain if you can. If you can’t, I will do what you want.” An angel appeared to Jesus to give him strength and courage to face what was coming. Jesus prayed even harder to God. When he was finished praying, he went back to his followers. They were asleep, and Jesus was very sad. Jesus asked, “Why are you sleeping? Get up and pray.”

Jesus teaches us that we can all talk to God. We can pray to God when we are feeling all sorts of emotions – happy ones, sad ones and any emotion that you are feeling. Feelings are complicated but they can be teachers. They teach us what we want and need. God is there with you to help you learn from your emotions and celebrate with you and bring you peace. Not everything in life is good and God is there to comfort us. Jesus knew that God probably couldn’t change his situation but just by talking to him, it gave him strength to go on.

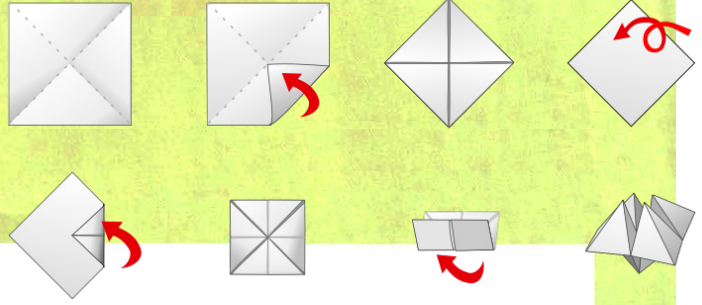
WONDER QUESTIONS & ACTIVITIES:

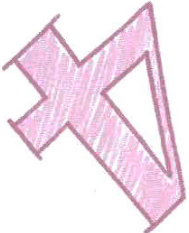
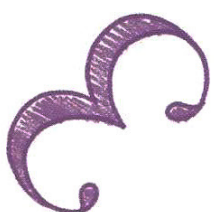
- Do you have a special place to pray?
- Why do you think Jesus chose to pray in a garden? Try praying outside. When you go outside to pray, remember Jesus in the garden.
- Jesus felt many emotions during Holy Week. What emotions have you felt this last week? Were they all good or were some not so good? Do you think praying might help you feel better?
- Jesus brought his friends with him to go pray. Why do you think he did that?
- **This week make a Prayer Jar. Write down the things and people you are praying for on small slips of paper and put them in the prayer jar each day.**
- Prayers don’t always have to be thanking God for the blessings in your life. You can also pray to God when you are feeling different emotions. When you are feeling an emotion this week, put your hand on your chest and name the emotion and ask God to surround you with love.
- **We can pray in many ways: speaking, silence, dance, art, song, walking... what other ways can you think of?**

Praying in the Garden

Feelings Catcher

Cut out and fold the Feelings Catcher.
Use the Feelings Catcher to talk about feelings.



	ACT DO AN ACT OF KINDNESS	SAY TALK TO GOD	
SAD GO FOR A WALK	<i>Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest.</i> Matthew 11:28	PRAY PRAY	SCARED
HELP HELP SOMEONE	FAITH It is IMPORTANT to REMEMBER and not forget our	GOD You are a child of	CREATIVE MAKE SOMEONE A CARD
	CREATIVE INVENT SOMETHING TO HELP OTHERS	SCARED TALK TO SOMEONE WHO CAN HELP	
REMEMBRANCE Do this in		of ME Luke 22:19	