

Maturing in Christ: Praying as Jesus Prayed, Part 3
Praying Through Our Grief
Matthew 26:36-46 Page # 989

- I. It is in Prayer that:
1. I encounter God's presence.
 2. I gain His perspective.
 3. I obtain power for ministry.
 4. I receive His peace.

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- II. Stages of Grief
1. **D**isbelief and shock
 2. **E**mphasis and stress
 3. **E**motions
 4. **R**ecovery and maturity

Habakkuk 3:19 *The Sovereign Lord is my strength; He makes my feet like the feet of a deer, He enables me to tread on the heights.*

Psalms 18:1-3, 28, 32-33 Page # 559

Psalms 22:24

Psalms 23:1

Psalms 25:16-17

Psalms 27:4-6

Psalms 30:5

Psalms 34:18

Psalm 46:1

Psalm 73:25-28

Psalm 119:49-50

Psalm 119:92-93

Psalm 147:3-11

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III. Dealing with Grief through Prayer

1. He is Authentic.
2. He is Yielding.
3. He is Persevering.
4. He is Expectant.
5. He is with Friends.

Faith Sheet

Transformation Verse (August) – *"Grow in the grace and knowledge of our Lord and Savior Jesus Christ..."*
2 Peter 3:18

Main Themes

- ~ Prayer is communion with God and is essential for daily worship of God, ministry to others, and the healing of our grief.
- ~ Effectively living out our identity in Christ requires spiritual disciplines such as ongoing prayer and solitude, living in His word, Godly friendships, and being involved in disciple making.
- ~ Godly and authentic prayer consists of both honesty and surrender.

#1- Reviewing This Past Sunday

Maturing in Christ: Praying as Jesus Prayed, Part 3

Praying Through our Grief

Matthew 26:36-46

1. Read Matthew 26:36-46. What are some key phrases in this text?
2. What is Jesus doing, and what is He asking of His disciples?
3. Why can they not spiritually fulfill His request?
4. Describe in your own words His warning in verse 41?
5. What is the temptation He is facing? (vs. 42)
6. What do we learn about godly authentic prayer from verse 42?
7. How does prayer influence our grieving emotions?
8. Pray for our prayer lives to be more like Christ's prayer life.

2- Preparing for Next Sunday

Maturing in Christ: Believing the Promises of Jesus

John 14:1-15

1. Read John 14:1-15. Sum up verses 1-6 in your own words.
2. What is His promise in verse 12, and how do you see that working out in today's world?
3. His next promise in verse 13 may seem too good to be true. Do you consistently stand on this promise? How could you grow in believing this promise?
4. Read 1 John 5:13-15. How does this passage explain what we read in John 14?
5. Describe your prayer life right now. Is it on life support? Rushed? Fervent? Ask God to give you a heart for prayer and begin to pray.