

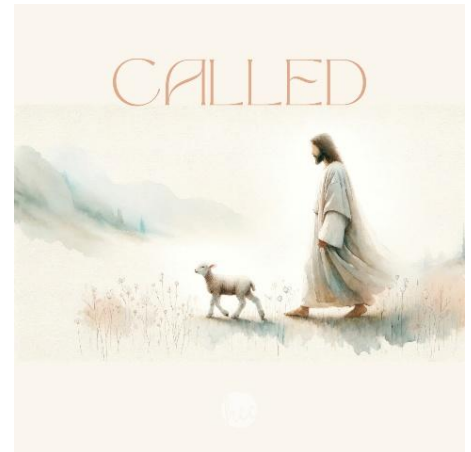
Life Group Study Notes

Date: 6th September 2026

Sermon: **Sit here while I Pray.**

Speaker: Matthew Wood

Scriptures: Read Mark 14:27-42



Scripture Questions:

1. **Verse 27:** How did the disciples respond to Jesus's prophecy that they would all abandon Him? What fuelled Peter's misplaced confidence that he would not deny Jesus, even to the point of death? What lessons can we learn from Peter's boldness?
2. **Verse 28:** "After I have risen" Did the disciples understand the meaning behind His words? Despite Jesus repeatedly telling them about His impending death and resurrection, did they truly understand?
3. **Verse 32:** "Sit here while I pray" Why did Jesus make this request? How can we cultivate the ability to sit quietly and listen to what God wants to communicate with us, rather than only expressing our own desires?
4. **Verse 34:** Why did Jesus choose to bring Peter, James, and John with Him during His moment of profound suffering? When He said, "My soul is crushed to the point of death," it highlights that before facing the physical torment of the cross, Jesus instinctively turned to His Father in prayer. What can we learn from this about managing severe crises?
5. **Verse 36:** "Take this cup from me. Yet not what I will, but what you will" – What did this cup of suffering represent that Jesus dreaded?
His willingness to submit to the Father's will, accepting the burden of a debt, He did not owe because we owed one, we could not pay, shows His infinite love for us. How should we respond to such deep love?

Personal Questions:

Managing Crises:

- When faced with overwhelming worry, anxiety, or challenges, what is your instinctive response?
- How can you cultivate a habit of retreating to "go and pray" in solitude?
- What steps can you take to develop a "Gethsemane reflex" in your daily life?

Surrendering Your Will:

- Have you encountered a situation where your personal desires conflict with what you believe God is calling you to do?
- In practical terms, what does it mean for you to pray, "Not my will, but Yours be done"?

Prayer:

When we look at the garden of Gethsemane and we are humbled by the weight of what you endured for us. Thank You, Jesus, that when the pressure was crushing, You did not run away. You stayed, You knelt, and You surrendered. We surrender our anxieties to you. We lay down our heavy burdens at Your feet, trusting that Your plan is better than our comfort. Give us the courage to 'sit and pray' when the storm rages around us. Strengthen our spirits where our flesh is weak. In the powerful and submissive name of Jesus Christ, Amen."