

## Conversation Starters

- What season of life are you in?
- What is your greatest challenge in this season?

## Discuss

**We all go through seasons of life that are flat out tough. Having an awareness of what season we are in is a start to finding contentment in that season so that we can still live life to the fullest when that season may be a grind. Jesus can relate and went through tough seasons as well, as shown during a scene from the Garden of Gethsemane.**

*They [Jesus and the disciples] went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." He took Peter, James, and John with him, and he became deeply troubled and distressed. 34 He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." (Mark 14:32-34 NLT)*

- When you think of Jesus, do you ever picture Him during this season of life?
- How does seeing Him go through a season of life like this help you relate to Him?

**When Jesus was going through a tough season (this one was His toughest since He was about to be betrayed and subsequently crucified), He turned to God the Father in prayer. He knew the power of prayer. He also knew that it was important to have others praying for you. He shared His burdens and invited those closest to Him to pray along with Him.**

*He [Jesus] took Peter, James and John with him... (Mark 14:32a NLT)*

- Have you spent time intentionally cultivating a few strong relationships in life?
- Do you invite others to pray for you?
- Do you seek to learn about and care for others, and pray for them as well?

**Jesus believed in prayer and made it a priority. After prayer, Jesus was renewed, even though His circumstances did not change. He was still betrayed, but had a change in attitude and a fresh resolve to carry on with the rest of His life. Like Jesus challenged the disciples, we can all benefit from prayer, but need to evaluate our current prayer life and shift it to align with how Jesus viewed it.**

*Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour? (Mark 14:37 NLT)*

- Where do you go when you are depleted?
- Do you believe in the power of prayer?
- How is your prayer life?

## Next Steps

What is your "anchor" in life? Even those who put their faith and trust in God go through some of the toughest seasons of life. Christianity is not an escape from the grind of life, but about letting God strengthen you in the grind. Prayer is a key aspect of that.

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. (Matthew 11:28 NLT)*

1. **Evaluate your prayer life.** Are you making it a priority?
2. **Consider a fast.** Take something from your regular day, and go without it for a day this week. Replace the time you typically give to whatever that is with prayer.
3. **Read a good book on prayer.** Consider *The Prayer God Longs For* (James Emery White) or visit [The Grounds Bookstore](#) for some other options.
4. **Cultivate strong relationships to pray for each other:**
  - New to Meck? Join us at [Starting Line](#) to learn more about us and begin getting involved.
  - Ready to jump right in? Check out one of our many [Serving](#) opportunities.
  - Want help meeting others? Join us for [GroupLink](#).
  - Need prayer now or to speak with a pastor? Let our [Community Care](#) team know.

## Further Reflection

*Read Mark 14:32-42 and Matthew 11:28 NLT.*

## Pray

God, thank you for inviting us to come to you at any time, especially when life gets tough. Help us to make wise decisions and to make prayer a priority in our life. Help us to set aside the time daily, and also be open with others and cultivate relationships with other people so that we can share our burdens together. Above all, help us to trust you more with each day.